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Homemaking Radio News

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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 4, 1951

Oyster Stew--Quick and Easy Supper Dish

URBANA--Extra time out of the kitchen is yours when you prepare oyster stew for supper.

Oyster stew is easy to make and easy to serve. You can heat the oysters and milk separately as you need them, and mix the two just before serving, says Miss Ruth Hodgson, foods specialist, University of Illinois College of Agriculture.

Be sure to simmer the oysters at a low temperature for not more than five minutes or just until the edges begin to curl. A high temperature and overcooking tend to make the oysters hard and tough.

To make four servings of oyster stew, follow these steps: Add black pepper and paprika (to taste) to four cups of milk. Scald the milk.

Strain the oyster liquor from two cups of oysters into a small saucepan. If desired, chop the oysters into bite-sized pieces, add one tablespoon butter and simmer in the liquor over low heat for about five minutes.

Add the oysters and the liquor to the milk just before serving. Salt if needed.

COC:lw
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FOR IMMEDIATE RELEASE, JANUARY 4, 1951

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FOR RELEASE THURSDAY, JANUARY 4, 1951

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Tips for Cooking With Herbs

URBANA--Using herbs when cooking certain foods gives pleasing flavors and tasty results.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says that herb cookery is an art untried by many homemakers. She believes many of them would continue to use herbs if they once tried it, because the results are so flavorful.

One herb or a combination of herbs may be used. Some of the more common herbs are bay leaf, basil, chives, sage, and savory. No set rules need to be followed when cooking with herbs, but a few suggestions will give tasty results:

Use only small amounts of herbs. Experiment by pinches, then taste, and add what is needed. Start with one-fourth teaspoon of dried herbs in a dish for four.

Fresh herbs may be substituted for dry herbs. Simply use three to four times as much. Cut or chop the leaves very fine.

Add herbs to soups and stews during the last half hour of cooking. The delicate flavor and aroma of herbs may be lost by long cooking. Herbs used in quickly cooked dishes or sauces will give more flavor if moistened with a little lukewarm milk or cooking oil and allowed to stand for half an hour before using.

In uncooked food, such as tomato juice cocktail, add the herbs at least three or four hours ahead of time--even overnight--to get their full flavor. Tie them in a cheesecloth bag and remove before serving.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 5, 1951

Tips for Pressing Wool Garments

URBANA--Press your wool garments the right way to keep them looking good.

Clothing specialist Ritta Whitesel, University of Illinois College of Agriculture, offers the following tips for pressing wool garments correctly.

Press on the wrong side whenever possible. Use two or three press cloths to protect the wool from too much heat and to distribute the moisture evenly over the fabric. One press cloth should be of a heavy cotton twill weave, such as drilling; the second, a light-weight cotton free from starch.

Touch up collars, cuffs, and skirt belts on the right side, using both press cloths and following the other pressing suggestions.

Use an iron temperature suitable for wool. Set the temperature gauge at "wool." Test the temperature on an inconspicuous corner before pressing the entire garment.

Use the right amount of pressure on the iron by lowering it gently onto the damp press cloth. Lift the iron and place it with the lengthwise grain of the material. Do it so that the covered areas overlap. Pushing or shoving the iron may push the material off grain and cause bagginess.

Let some moisture remain in the material after pressing. It will help to prevent harshness and a possible shiny surface.

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$ BEST FOOD BUYS $

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For Week of Jan. 8, 1951

Weekly tips on plentiful foods, with suggestions for buying and using.

URBANA--Protein foods plentiful during January are pork, broilers, frozen fish fillets, cottage cheese and peanut butter. For economy, choose from these foods for the protein supply in your meals each day.

Frozen fish fillet supplies are at record levels--about six percent larger than a year ago. Fillets of cod, haddock, flounder, mackerel and whiting are in generous supply. Check prices at your local market when you're planning a fish meal.

Sweet potato supplies continue good in Illinois. To get good quality, choose clean sweet potatoes that are free from blemishes, says foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture. Avoid sweets with any sign of decay, because it spreads rapidly and affects the flavor.

Serve carrots often in your January meals. Choose those that are firm, clean, fresh in appearance, smooth and well-shaped. A guide for buying: One pound of carrots gives five half-cup servings when cooked or eight half-cup servings when shredded raw.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 6, 1951

Preview of Homemakers' Program for Farm and Home Week

URBANA--Illinois homemakers who attend Farm and Home Week at the University of Illinois, Urbana, Feb. 5-8, will find an interesting and varied program waiting for them.

The College of Agriculture's biggest event of the year features about 25 speakers on homemaking subjects in addition to general-session speakers, special classes and farm subjects. Among the speakers are Dr. Sadie Morris, head of the department of home economics at Eastern Illinois State College, who will discuss "Your Food Habits and Your Health" on Tuesday afternoon.

"The United Nations in Action" is another subject for Tuesday's Homemakers' Program. Kenneth S. Carlston, University of Illinois law professor, is the speaker.

A Michigan State College home economist, Miss Mary C. Whitlock, will speak Thursday on "Homemakers Write Merchandise Standards." Miss Whitlock is an associate professor of textiles, clothing and related art.

"Combining Old and New Furniture" will be discussed Thursday by Miss Helen A. Ludwig, assistant professor of home economics at the University of Minnesota.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 8, 1951

Serve Tuna Fish While Supplies Are Good

URBANA--Canned tuna supplies are good and prices are reasonable, reports the U. S. Department of Agriculture. The supply of tuna is expected to be the largest on record--nine million cases.

Some quick- and easy-to-prepare tuna fish dishes are suggested by foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture. They are tuna noodle casserole, tuna fish salad and tuna fish á la king.

The tuna noodle casserole is good for a "jiffy" meal because it takes only 20 minutes' baking time. And you can shorten preparation time by substituting condensed mushroom or celery soup for the white sauce.

To make the casserole, first prepare a white sauce and remove it from the heat. Then add two cups cooked noodles, one cup grated cheese, 1¼ cups flaked fish, three hard cooked eggs (sliced) and one fourth cup chopped pimento. Pour into a greased baking dish. Sprinkle the top with buttered crumbs and bake at 350° F. for 20 minutes.

Ingredients for the salad are fish (drained and flaked), hard-cooked eggs (diced), chopped celery and pickles and mayonnaise. Combine these ingredients and serve on lettuce leaves.

To make the tuna fish á la king, prepare a white sauce. Add chopped green peppers and celery that have been cooked in salted water until tender. Heat and serve on biscuits or toast.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 9, 1951

Tips on Choosing Bath Towels

URBANA--If you're buying bath towels during January white sales, look for two qualities in addition to size and color. Those two qualities are durability and absorbency.

Durability is influenced by the number of yarns per square inch. Ability to absorb moisture is determined by the loop construction, says Miss Florence King, clothing and textile specialist, University of Illinois College of Agriculture.

The number of yarns per square inch is the thread count, sometimes given on the label. If the count is not listed, you can estimate it by holding the towel toward a light and looking at the closeness of the background weave. Or you can test it by pushing back the loops at the hem end and moving the yarns with a fingernail.

The yarns that make up the underweave are called ground warp (lengthwise) and ground filling (crosswise). The pile of the towel (loops) is made from an additional warp thread. Filling yarns hold the loops in place and help to prevent them from pulling out.

Check the number of filling threads for each row of loops. This term is two-picks, three-picks, or four-picks. A three-pick

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towel--one set of filling yarns under and one set between each row of loops--is a durable towel. A two-pick pile is likely to pull out.

Loop construction may be either double or single. In the double construction, two yarns are used together to form a loop. This type provides twice as much surface area to absorb moisture as a one-loop construction and the same background.

Loop length is another factor that determines absorbency. Loops about one-eighth inch long are good. Those less than one-eighth inch add little to absorptive qualities. Too long loops tend to catch and pull or flatten out.

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Housing Talks Scheduled for Farm and Home Week

URBANA--Are you satisfied with your housing? If you are looking for ways to remodel and improve your house, you may find the answer in housing talks scheduled for Farm and Home Week at the University of Illinois, February 5-8.

The Thursday morning Homemakers' Program will be devoted to housing. "Family Satisfactions From Housing" will be discussed by Miss Madonna Fitzgerald, extension economist in home management, University of Missouri.

Two University of Illinois agricultural engineers, D. G. Carter and K. H. Hinchcliff, will speak on "This Year in Housing" and "The Right Material for the Job."

"From Research to Realization" will be presented by Miss Catherine M. Sullivan, home management specialist; Miss Helen E. McCullough, housing research specialist; and K. H. Hinchcliff and M. R. Hodgell, agricultural engineering department.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 10, 1951

Treat Burned Enamelware With Care

URBANA--If it's your misfortune to burn food in an enamel pan, remember that you're likely to scratch or chip the finish if you scrape it with something sharp or harsh. If this happens, the food will probably scorch in the same place the next time you use the pan.

Enamelware is like a thin coating of glass fused to a steel base. If the dry heat has cracked the enamel, bits of the finish are apt to chip off.

Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture, recommends that you try to soften and loosen the food before scraping it. She says it's good to put some soapy water containing a little baking soda into the pan and leave it overnight.

In the morning, put the pan on the stove and slowly bring the soapy water to a boil. Pour off the water and scrape the loose scorched material with a wooden spoon or a rubber plate scraper. The black substance that didn't soak loose can be scoured gently with whiting or a very fine scouring powder.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 11, 1951

Farm, Home Week--General Session Speakers Announced

URBANA--Farm and Home Week at the University of Illinois Feb. 5-8--the College of Agriculture's biggest event of the year--features over 250 speakers on farming and homemaking subjects.

Four nationally and internationally known persons are scheduled to speak to Illinois folks during the general-session programs.

Dr. George D. Stoddard, president of the University of Illinois, will speak Monday, Feb. 5, on "What the University Means to the Farm Family."

A University of Minnesota economist, Dr. Arthur R. Upgren, will speak at Tuesday's general session on "Economic Policy for Agriculture." Dr. Upgren is also associate editor of the Minnesota Star.

Mrs. Charles N. DeShazo, secretary of the Associated Women of the American Farm Bureau Federation, will speak Wednesday on "The American Family and Today's World."

The final day of Farm and Home Week, Dr. Wilbur Schramm, dean of the University of Illinois division of communications, will speak on "War or Peace in the Far East." Dr. Schramm will return to the Illinois campus Feb. 1 after a special assignment in Korea.

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$ BEST FOOD BUYS $

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For Week of Jan. 16, 1951

Weekly tips on plentiful
foods, with suggestions
for buying and using.

URBANA--Supplies of broilers and fryers are heavy; wholesale prices are exceptionally low. If you want to cut meat costs this week, serve chicken. Broil or barbecue it; or fry it in deep or shallow fat.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says that broiling requires moderate heat for slow, even cooking.

You can vary the broiling temperature in an electric stove by placing the broiler pan at different distances from the heating element and by leaving the door ajar or completely open. With a gas stove, you can regulate the height of the flame.

If tangerines are a family favorite, now's the time to serve them. Wholesale fruit and vegetable markets in the midwest report plenty of tangerines arriving and selling at low to moderate prices.

Choose tangerines that are a bright color and firm. They are the best quality and have the most juice. Tangerines are good for eating out of hand, in fruit salads and in molded gelatin desserts.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 12, 1951

House Dresses Designed to Lighten the Job

URBANA--If you make your own house dresses, your best investment may be the pattern you buy. Choose one with features that will make your dress easy to iron, easy to put on and easy to wear.

Clothing specialist, Fern Carl, University of Illinois College of Agriculture, makes these suggestions for streamlining house dresses:

Use flat and sturdy trimmings like rickrack; they can be pressed in a fraction of the time needed for ruffles. Few seams, a flat, collarless neck and short sleeves will further lighten your ironing chores.

A wrap-around dress that you can slip on like a coat will be a time-saver in the morning. It adjusts smoothly to your figure and is comfortable. A dress with a long front opening will save time too. It may be pulled over the head or stepped into, as you choose.

Remember that all parts of the dress must work together if it is to be comfortable. The advantage of one good feature, like an action-back blouse, can be lost if hampered by sleeves or other features that are poorly cut and ill-fitting.

Additional pointers on design are given in the United States Department of Agriculture bulletin, "Dresses and Aprons for Work in the Home." Commercial pattern companies have reproduced these designs in patterns and have made them available to home sewers.

You may get a free copy of this bulletin by writing to the University of Illinois College of Agriculture, Urbana, Illinois. Ask for Farmers' Bulletin Number 1963.

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FOR RELEASE FRIDAY, JANUARY 12, 1951

Save Dishwashing Time--Serve One-Dish Meal

URBANA--Do you want to serve a meal that will save preparation and dishwashing time? Then plan a one-dish meal--one main dish with a salad, dessert and beverage. Such a meal may also save money by using left-overs or saving fuel.

Foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture, has several suggestions for one-dish meals. One is a mushroom-pork-corn dish served with a cabbage and carrot salad, and for dessert, fruit with cookies or brownies.

The second main dish is nut cutlets. To complete the meal, Miss Cook suggests a relish tray of celery, carrots and pickles, a wilted spinach salad with diced bacon and a cherry upside-down cake. You can bake the cake while you're baking the cutlets.

The mushroom-pork-corn dish takes only 30 minutes of cooking time. To make it, place one can of pork luncheon meat, one sliced onion, one can of whole-kernel corn, and two teaspoons of Worchestershire sauce into a two-quart saucepan. Pour over this mixture one 10 1/2-ounce can of condensed mushroom soup and one-half cup of water. Sprinkle four tablespoons of coarsely chopped green pepper over the top. Simmer one-half hour.

Nut cutlets is a tasty meatless dish that gives left-overs a lift. Combine one-half cup mashed cooked peas, one cup mashed cooked carrots, three-fourths cup chopped nuts, three tablespoons minced onion, two cups soft bread crumbs, one tablespoon melted fat and one beaten egg. Season with a teaspoon salt and a dash of pepper.

Shape in the form of thick chops; roll in crushed corn flakes. Place on a greased baking sheet. Bake at 350° for 30 minutes. Serve with a tomato sauce.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 13, 1951

Choose Sheets According to Number--Here's How

URBANA--Pay attention to the number on a sheet label. It will help you buy quality sheets according to your needs.

Five type numbers--112,128,140,180,200--are usually available. These numbers give the thread count of the sheet--the number of warp (lengthwise) and filling (crosswise) yarns in a square inch. The figures are obtained by adding the two numbers. For example, 140 may be 70 warp/70 filling yarns or 74 warp/66 filling yarns.

Types 112, 128, and 140 are muslin sheets. Of these, number 140 is the heaviest. Yarn in these sheets is heavier and more compactly constructed than in types 112 and 128. Type 112 is loosely woven and may be heavily filled with starch. This makes it look good, but it will not wear satisfactorily. Type 128 is light or medium muslin.

Percale sheets are types 180 and 200. Percale is woven from fine-quality long staple cotton yarns which are processed more than the yarns used in muslin. Type 180 (sometimes called Utility percale) is made of fine-count percale yarns which are smooth and soft. Type 200 is a very fine, thin and smooth sheet. It does not wear so well as type 180. Type 200 is really a luxury sheet; it is too costly for general use.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 15, 1951

Youth Discussions--One Afternoon of Homemakers' Program

URBANA--"Behavior Changes in Adolescence" is the subject of one of the talks to be given during the Homemakers' Program of Farm and Home Week at the University of Illinois February 5-8.

Dr. Louise Bates Ames, director of research at the Gesell Institute of Child Development in Connecticut, will speak to Illinois homemakers on Wednesday, February 7, at 1 o'clock.

Dr. Ames was a member of the staff of the Yale Clinic of Child Development from 1933 to 1948. The Gesell Institute was recently incorporated by members of the Yale Clinic staff. Activities at the institute include research, clinical work and teaching.

"Youth in Action" is another part of the Homemakers' Program. Speakers will be Miss Dianne Mathre, 4-H Club representative to the Mid-century White House Conference on Children and Youth, and Wendel Swanson, International Farm Youth Exchange delegate to Luxembourg and Belgium. Miss Mathre is a sophomore at the University of Illinois; Swanson has completed his freshman year at Augustana College in Rock Island.

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Homemaking
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FOR RELEASE TUESDAY, JANUARY 16, 1951

Check Sheets, Pillowcases for Excess Sizing

URBANA--Make a test for excess sizing next time you buy sheets or pillowcases. Rub a corner with your thumb and forefinger. If there is too much sizing, the starch will rub out and appear as a white powder on your fingers.

Miss Florence King, clothing and textiles specialist, University of Illinois College of Agriculture, says that the reason too much sizing is used in loosely woven sheets is to make them appear heavier and smoother than they are. Such sheets become sleazy and fuzzy after washing. They will wrinkle easily and will not wear well.

The weight of the sheets you buy is a matter of personal preference. If you want a light-weight sheet, be sure it is light because of fine yarn and not because of loose weave.

Heavy sheets outwear the lighter weight sheets. However, heavy sheets are awkward to handle and more expensive to launder. Sometimes, from the laundering standpoint, it is better to buy a sheet with a loose weave of heavy yarns than one with a close weave. The dirt washes out more easily from the loosely woven sheets.

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IIIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 17, 1951

Demonstration, Talks Scheduled for Farm and Home Week

URBANA--One feature of the Homemakers' Program during Farm and Home Week at the University of Illinois February 5-8 is a foods demonstration by a member of the Fish and Wildlife Service, Department of the Interior at Washington, D. C.

Miss Rose G. Kerr, home economist with the Service, will demonstrate "How to Select, Prepare and Serve Fish" during the Monday afternoon program.

"Let's Get Specific About Our Personal Needs for Self-Education" is the talk to be given by Prof. Harold C. Hand, University of Illinois College of Education. It is a part of the Tuesday afternoon Homemakers' Program.

Members of the University of Illinois International Student group will discuss "Customs Around the World" Tuesday morning. The University of Illinois student body includes representatives from over 50 foreign countries.

All sessions of the Homemakers' Program will be held in the Lincoln Hall theatre on the University of Illinois campus.

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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 18, 1951

Farm and Home Week Open House--February 5

URBANA--Open House during Farm and Home Week at the University of Illinois features activities from demonstrations and handicraft to a variety show and movies. The date is Monday, February 5; the place, the Illini Union.

First on the Open House program is "Meet Your Neighbor," a get-acquainted session to be held in the main lounge of the Union.

Entertaining and informative will be the handicraft and demonstrations in wood-carving, floral arrangements, glass-blowing, ceramics, weaving, block-printing, potato-printing, plastics, and paper sculpture. "Take-home" voice recordings will be made.

Colored slides and movies will be shown during the following sessions: Touring the West, Touring Three Continents and Touring Illinois 4-H Club Camps.

A music hour will begin at 8 o'clock. Forty-five minutes of variety acts will be presented during the floor show, which begins at 8:30. A mixer and dance will be held in the ballroom starting at 9 o'clock.

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FOR RELEASE THURSDAY, JANUARY 18, 1951

Potatoes--Inexpensive Source of Vitamin C

URBANA--Potatoes can be an important source of vitamin C in your meals due to the quantity eaten. And they are an inexpensive source, because supplies are heavy.

So says foods and nutrition specialist Grace Armstrong, University of Illinois College of Agriculture, as she points to the nutritive value of potatoes as the reason for serving them often. Potatoes also contain thiamin (vitamin B_1) and niacin.

Correct storage of potatoes is important. Be sure to store them at room temperature or slightly below (60° to 70° F.). And keep them away from the light.

You can dress up that "everyday" potato to make it an extra-special vegetable in your meals. Potato crust is one way to do this and also a way to give left-over meat or vegetables a lift. To make it, first line a baking dish with mashed potatoes. Fill the center with vegetable stew and left-over bits of meat or fish. Then cover with mashed potatoes and bake at 400° F. until hot through, or brown on top.

Potato puffs are also attractive and tasty. To three cups mashed potatoes, add one egg yolk, hot milk to moisten, two tablespoons melted fat, and salt to taste. Beat well. Fold in one stiffly beaten egg white. Pile lightly into a greased baking dish. Bake at 375° F. for 30 minutes or until puffy and brown.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 19, 1951

Wash Sewed Fabric Lamp Shades--Here's How

URBANA--Do you want more light for winter reading or sewing? One way to get it is to clean your lamp shades.

"Fabric lamp shades that are sewed--not glued--to the frame may be washed at home," says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture. And parchmentized shades may be dusted with a soft cloth or cleansing tissue.

To prepare that fabric lamp shade for washing, dust it with a soft-bristled brush. Be sure to get the dust out of all the pleats, loops and trimmings.

If the shade has colored trimmings, test in an inconspicuous place to see whether the color will run. If it does, remove the trimmings before washing. Remove any metallic trimming or other type that will not wash.

Place the shade in lukewarm sudsy water in the bathtub. Brush with a soft-bristled brush inside and out. When the water becomes soiled, use fresh sudsy water.

Careful rinsing is important, Miss Iwig says, in order to avoid stains. Rinse several times, using water of the same temperature for rinsing as for washing.

Set the shade on a bath towel after it is rinsed, and let it drain. Do not rub it, says Miss Iwig, because rubbing may get the fabric out of shape or may cause rub marks.

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FOR RELEASE FRIDAY, JANUARY 19, 1951

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$ BEST FOOD BUYS $

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For Week of Jan. 22, 1951

Weekly tips on plentiful
foods, with suggestions
for buying and using

URBANA--The plentifuls on vegetable counters now are cabbage, carrots, onions and potatoes--the makings for hearty stews or crips salads. The cabbage and carrots from storage--not from the new-crop vegetables--are the good buys.

Radishes are now in the moderate price bracket; prices have been dropping at wholesale markets. Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says that one sign of good quality in radishes is a smooth, crisp and firm root. The color or condition of leaves does not indicate radish quality.

Two plentifuls--pork and sauerkraut--combine to make a tasty winter meal. The U. S. Department of Agriculture says that sauerkraut stocks over the nation now are heavy; the kraut is available at reasonable prices. And there is plenty of pork now because hog marketings continue fairly heavy.

Use celery or caraway seeds for flavoring the sauerkraut. To prepare the sauerkraut, first heat several tablespoons of fat in a frying pan. Then add one-fourth teaspoon of either celery or caraway seeds for each quart of sauerkraut. Cover the pan and cook the kraut for about five minutes. Then it's ready to serve with the pork.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 20, 1951

Consider Size, Shrinkage When Choosing Sheets

URBANA--When you buy sheets, remember that the length is measured before the sheet is hemmed. Examine the hem widths on each end and you'll know whether the sheet is the right size.

This suggestion was made today by Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture. Wide hems are not a necessity, she says. Yardage is saved when only a minimum amount of hem is turned over.

Examine the hems for straightness. Otherwise it will be difficult to fold the sheet smoothly. The hem ends should be closed to prevent catching and tearing.

Consider shrinkage when selecting sheets. Some sheets shrink five to seven inches in length and width.

Remember that more shrinkage is expected in a loosely woven sheet than in a closely woven one. A number 112 sheet, for example, will shrink more than a 128 or 140. Compare prices with a thought to expected shrinkage. You don't want to pay for five or six inches of nothing.

COC:lw
1-17-51

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 22, 1951

Rural Pastors to Meet During Farm and Home Week

URBANA--"The Church Faces Community Needs" is the theme of the Rural Pastors' Short Course to be held during Farm and Home Week at the University of Illinois February 5-8.

The Rev. Walter Schlaretzki, Decatur, Illinois, will speak Tuesday on "Evaluating the Role of the Church in the Community." The Rev. Schlaretzki is director of the southern area of the Congregational and Christian Conference of Illinois.

Two other speakers on the Tuesday program are the Rev. Mark Rich, American Baptist Home Mission Society, New York; and Monsignor L. G. Liguitti, executive secretary of the National Catholic Rural Life Conference, Des Moines, Iowa. They will discuss "What Makes It Difficult for the Church to Fulfill Its Role in the Community" and "Ways to Make the Church Effective Through Teaching Christian Ethics and Stewardship."

Everett Mitchell, director of the farm program, WMAQ—NBC, Chicago, will speak Wednesday morning on "Agencies of Service for Today's Community." L. V. Peterson, University of Illinois visual communications specialist, will give a "Demonstration of Visual Aids" Tuesday and Wednesday during the luncheon program.

Conrad Bergendoff, president of Augustana College, will be the final speaker for the Rural Pastors' Short Course. Wednesday afternoon he will discuss "Inspiration Toward Getting the Job Well Done."

COC:lw
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FOR RELEASE MONDAY, JANUARY 22, 1951

Tips for Buying and Using Carrots

URBANA--Carrot supplies in Illinois are good. Midwestern-stored carrots are selling at fairly reasonable prices.

Carrots are an excellent source of vitamin A and a good source of vitamin C. They are tasty and also add a rich color to your meals.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, gives some tips for buying quality carrots. She says to select carrots that are firm, clean, smooth and fresh in appearance.

Tuck some carrot sticks into your youngsters' school lunch box. Wrap the carrots in aluminum foil so that they will keep their cool crispness.

Carrots can be used many ways in salads. Combine them with shredded cabbage and finely chopped green pepper, or with chopped raw spinach and minced onion. A grated carrot and crushed pineapple mixture on lettuce makes a tasty salad.

Carrot soup made with milk is nutritious, tasty and easy to make. Heat four cups milk, add the blended one tablespoon flour and two tablespoons melted fat. Add two cups grated raw carrots, one-half tablespoon minced onion and 1 1/2 teaspoons salt. Cook until carrots are tender--about 10 minutes.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 23, 1951

Linens--Alternate Use for Longer Life

URBANA--Alternate the use of your sheets, pillowcases and table linens, advises a University of Illinois textiles and clothing specialist.

Cottons and linens are cellulose fibers; they dry out gradually if the article is not moistened periodically, explains Miss Florence King. The result is cracks in the linens--especially on the folds.

To prevent "storage wearing," Miss King suggests this method: Each time a sheet is replaced after laundering, store it at the bottom of the stack. Or if drawer or shelf space is ample, place the sheet in a supply separate from the sheets you're going to use the next time you change bed linens.

If special table or bed linens are used only once a year, for example, why don't you do this: dampen those linens several times in addition to the laundering they get once a year? This will prevent the slow deterioration caused by dry fibers.

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FOR RELEASE WEDNESDAY, JANUARY 24, 1951

Rural Life Conference Scheduled for February 7,8

URBANA--The Illinois Rural Life conference will be held Wednesday and Thursday during Farm and Home Week at the University of Illinois.

Wednesday evening, February 7, during a dinner and business meeting at Latzer hall in the University Y.M.C.A., six speakers will center their talks on the theme of the conference, "The Changing Community Challenges."

Leonard Fletcher, director of training and community relations, Caterpiller Tractor Co., Peoria, will discuss "The Changing Community Challenges Farm and Town People to Work Together."

The business session speakers will discuss health problems, school reorganization, how to maintain community enthusiasms, and mechanisms for creating a recognition of mutual problems.

M. R. Sumption, University of Illinois professor of education, will speak Thursday on "School Adjustments to Reorganization." The other subject on the Thursday morning program is "Adjustments of Youth to Future Occupations in the Community."

A round-table discussion is the feature of the Thursday afternoon Rural Life conference. The subject is "The Church and the Changing Community."

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FOR RELEASE WEDNESDAY, JANUARY 24, 1951

Liver--Cook Short Time at Moderate Heat

URBANA--If too many dollar signs buzz around in your head as you estimate meat costs for the week, why don't you write liver into your shopping list?

Liver is relatively inexpensive. There is no bone or fat waste and only a slight amount of waste when heavy blood vessels are removed before cooking. Liver is an excellent source of iron; it contains riboflavin, niacin, thiamine and vitamins A and C.

Family tastes and the food pocketbook determine the type of liver you choose. Beef, calf, lamb or pork liver is available. Prices of pork liver are about one-fourth to one-third those of calf and beef. Beef, calf and lamb liver have a milder flavor than pork liver. However, pork liver contains more than four times as much iron as calf's liver and three times as much as that of beef.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says that a short cooking time and moderate temperature are the secrets of tasty, tender liver.

After removing heavy blood vessels from the liver, sprinkle it with salt, pepper and flour. Fry in bacon fat or lard at moderate heat until lightly browned on each side, or just until the red color disappears. Don't cover and don't add water.

To disguise the strong flavor of pork liver, you could add one-half cup of tomato juice and sliced vegetables--onions, carrots, turnips or potatoes--to the liver after it is browned. Cover and simmer until vegetables are just tender--about 10 to 15 minutes.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 25, 1951

Choose Accessories With Eye to Their Care

URBANA--Consider the care and use of accessories for your house next time you're making a selection. It may save time and money if you examine accessories--lamps, pictures, flower containers--with an eye to those two points.

Some women spend valuable time and money on accessories that aren't easy to care for, attractive, or usable, says home furnishings specialist Dorothy Iwig, University of Illinois College of Agriculture.

Frilly table scarves take extra time to wash and iron; small trinkets for shelves require careful and frequent dusting. Paper plates, trimmed with ruffles and decals, are hard to clean and do not add to the attractiveness of your walls. When you consider the time it takes to make one, the cost of the decal and ruffle, and compare it to the time it will last, the total cost may be more than you realized.

Perhaps such questions as these will help you decide in selecting accessories for your house: Will I have time to take care of it? Will it be attractive in the particular room in my house; will it "go" with other furnishings and accessories? Will it be usable (even as a decorative item) for a reasonable period of time?

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FOR RELEASE THURSDAY, JANUARY 25, 1951

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$ BEST FOOD BUYS $

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For Week of Jan. 29, 1951

Weekly tips on plentiful foods with suggestions for buying and using.

URBANA--One way to tackle the problem of keeping food costs down is to shop according to the plentiful food list as reported by the U. S. Department of Agriculture.

Frozen fish fillets are among the lower priced protein foods now. Fillets of ocean perch, pollock, cod, and haddock are in heavy supply. Serve fish often while supplies are good and you'll find that your meat costs will decline. One pound of fillets will serve three.

Foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture, says that baked fillets are easy to prepare. Dip salted fillets in a mixture of one-fourth cup melted fat, two tablespoons of lemon juice and one teaspoon minced onion. Bake in a shallow dish at 350° to 375° F. about 25 minutes.

Oranges and grapefruit are plentiful: many of them--especially the juice oranges--are fairly low priced. To make an economical choice of orange juice, compare the price per serving you pay for the juice in any form--regular strength or concentrated canned, the frozen concentrate, or oranges. Also, consider the family's preference.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 26, 1951

Onions--A Good Mixer With Other Foods

URBANA--People who eat raw onions usually aren't good mixers. But the onion itself is a good mixer; it is one of the best seasoning foods.

Use onions when you prepare an economical meat cut, and you'll have a tasty meat dish. Or fry raw potatoes with onions to dress up the "everyday" potato. Almost every stew has onions as one of the ingredients.

The onion crop for 1950 was 15 percent greater than the previous year's crop. Prices are reasonable; they fit into any family's food pocketbook.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, suggests--as one easy-to-prepare onion dish--French fried onions.

French fried onions are dipped into a thin batter and then fried in hot deep fat. You can fry them in the oven or on top of the stove.

Make the batter with one cup flour; one-half cup milk, one egg, one-half teaspoon salt, and (optional) one teaspoon sugar. Mix thoroughly. Peel and slice the onions. If they have been in water, wipe them dry or place them on paper towels. Separate the slices into rings. Dip the onion rings in the batter and dry in deep fat at 360° F. until golden brown.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 27, 1951

Home Bureau Federation to Meet Farm and Home Week

URBANA--The Illinois Home Bureau Federation, representing more than 52,000 Illinois homemakers, will hold its annual meeting during Farm and Home Week at the University of Illinois February 5-8.

The executive board and advisory council will meet Monday, February 5, at 10 o'clock in the Illini Union. Officers, district directors, ex-officio board members, and past presidents will attend this meeting.

The annual meeting will be held at the Smith Music hall beginning at 9 o'clock February 6. A luncheon will be held in the Illini Union ballroom that noon. Tickets for the luncheon will be available during the morning in the lobby of Smith Music hall.

County 4-H chairmen, members of the executive boards, will meet February 6, from 1 to 3 o'clock in Gregory hall to discuss the responsibility of home bureau organizations as sponsors of the county 4-H program.

Presidents and past presidents of county home bureau organizations will be honored during the Tuesday evening dinner at 6:30 in Latzer hall, University Y.M.C.A. An organization discussion for county and unit home bureau officers is scheduled for Wednesday, February 7, at 4 o'clock in Gregory hall.

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FOR RELEASE SATURDAY, JANUARY 27, 1951

Select Right Size Pattern--Here Are Guides

URBANA--When you are buying a dress pattern, check your actual measurements with those on the pattern envelope. This is your best guide for determining the size that will fit you best--with the fewest alterations.

Miss Ritta Whitesel, clothing and textiles specialist, University of Illinois College of Agriculture, says it is usually better to buy a pattern on the basis of your bust measurement. Then if the skirt needs to be altered, it's less work than altering the bodice pattern.

If you will remember that alterations are needed to make a pattern fit, the task will be easy next time, because you can go right ahead and make the changes.

It is a good idea to check your measurements once a year, or oftener if your weight changes or if your size is changed by a new foundation garment. Have someone help you take your own measurements, because it's hard to measure your own figure accurately.

The measurements should be taken over the foundation garment you will wear with the dress, and over your slip. Take "easy," but not loose, measurements around the fullest part of the bust and hips. The waistline measure should be made more snugly, since this part of the dress is fitted.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 29, 1951

Cut Food Costs--Strain Family's Food for Baby

URBANA--You can use the same fruit or vegetable for your baby's meals and the family meal. That's one way to cut food costs.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says that if you use regular family food for the baby, do not season the food until you have removed baby's portion. Then put the baby's food through a strainer or sieve, and season the family portion as usual.

"Feeding the baby the same food as the other members eat may also prevent the formation of a bad food habit," says Miss Acker. Some children feel that their food should be different than that of the rest of the family because they had special foods during infancy.

Some vegetables that can be strained quickly and easily after cooking are asparagus, tender beets, peas, spinach, carrots and green beans. Prunes, apricots, peaches, pears and applesauce are fruits that can be strained as needed for your child's meals.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 30, 1951

Farm and Home Week Exhibits to Include Rare Coverlets

URBANA--Historic costumes and coverlets from the University of Illinois home economics department's collection will be on display during the 50th annual Farm and Home Week, February 5-8.

This exhibit is part of the Farm and Home Week Show to be held in the lower gym of Bevier hall Monday afternoon, Tuesday, and Wednesday.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, says that the rarest coverlet of the collection will be on display. It is a blue and white handwoven coverlet made in 1842. Only two others are known to be in existence; one is at the Smithsonian Institute, Washington, D. C., and the other at the Brooklyn Museum.

Handmade spreads made in 1750 will also be shown. These two spreads are white muslin hand-tufted spreads. All coverlets were given to the department by the B. F. Hunters, Lebanon, Indiana, in 1946.

Historic costumes which will be shown include a dress worn at the White House during the Lincoln administration, a white organdy dress worn by one of the first women to graduate from the University of Illinois (1877), and dresses and accessories that were popular through the 1900's.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 31, 1951

Seven Ways to Serve Parsnips

URBANA--Serve parsnips for economy, variety and good eating. This carrot-shaped root vegetable is reasonably priced and especially good at this time of year.

A pound of parsnips will serve about three persons. Small to medium sized ones are the best buy, provided they are firm and well shaped. Soft or shriveled parsnips are poor in quality.

When properly cooked, parsnips have a sweet flavor. To obtain the full flavor, Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, says to boil them in their skins until they are tender. Then peel and cut them lengthwise, and remove the core if it is woody.

The parsnips may be put through a ricer, seasoned and served like mashed potatoes; or they may be sliced, arranged in layers in a casserole with brown sugar, dotted with butter and heated in the oven.

If you want croquettes for pan frying, simply add an egg and seasonings to the mashed parsnips and then shape and fry them in butter or sausage fat.

Or make a casserole by arranging layers of the mashed parsnips with layers of applesauce and sprinkle with a little brown sugar, nutmeg and lemon juice. Top with buttered crumbs, and heat in a moderate oven until they are thoroughly warmed and the flavors are well blended.

Parsnips are delicious when creamed and sprinkled with grated cheese. They may also be French fried or pan fried without being cooked first.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 1, 1951

Teach Your Child to Share by Setting Example

URBANA--You can set the stage to help your child learn how to share. One way is to be an example for your child: another is to plan a social experience to teach the satisfaction of sharing.

Miss Margueritte Briggs, child development and parent education specialist, University of Illinois College of Agriculture, says that a child's "share-ability" doesn't come as naturally as talking or walking; he must learn how to share through satisfying sharing experiences.

Parents should set the example for their child. If they and other children share the responsibilities of family tasks, the child will soon want to begin by doing little jobs, such as placing the silverware on the table or bringing the paper or mail into the house.

A social experience with other children is another way to teach the satisfaction of sharing. For example, Mother might invite a child or two for a snack of graham crackers and milk or apples. An abundance of snack items will prevent your child from worrying about enough for himself; he'll be able to enjoy the sharing, particularly when he knows his mother is kind and friendly toward other children, just as she wants him to feel toward them.

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FOR RELEASE THURSDAY, FEBRUARY 1, 1951

"United Nations in Action"--One Farm and Home Week Talk

URBANA--A varied and interesting program is in store for homemakers who attend the 50th annual Farm and Home Week at the University of Illinois February 5-8.

Subjects in the Homemakers' Program range from a foods demonstration on "How to Select, Prepare and Serve Fish" by Mrs. Rose G. Kerr, Fish and Wildlife Service, Washington, D. C., to a talk "The United Nations in Action" by Kenneth S. Carlston, University of Illinois professor of law.

The program follows the motto "The home is the center of every woman's interest, but not the circumference." Talks beyond the scope of home interest are: "Youth in Action" by two outstanding Illinois youths, Dianne Mathre, DeKalb, and Wendel Swanson, Rockford; "Customs Around the World" by a University of Illinois international student group; and "Personal Needs for Self-Improvement" by H. C. Hand, a University of Illinois education professor. A Michigan State College specialist, Mary C. Whitlock, will explain how homemakers write merchandise standards. Miss Whitlock was formerly on the University of Illinois home economics faculty.

Subjects devoted especially to the home are "Your Food Habits and Health" by Dr. Sadie Morris, Eastern Illinois State College; "Combining Old and New Furniture" by Helen A. Ludwig, University of Minnesota; and "Behavior Changes in Adolescence" by Dr. Louise Bates Ames, Gesell Institute of Child Development, New Haven, Connecticut.

Home management specialist Madonna Fitzgerald, University of Missouri, will discuss "Family Satisfactions From Housing." Three housing talks will be given by members of the agricultural engineering and home economics departments. The Illinois Safe-Homes awards will be presented for the eighth continuous year.

J. Carroll Bottum, assistant chief, agricultural economics, Purdue University, will explain "Why Prices Rise and What We Can Do About It." Two University of Illinois economists will discuss questions about prices farm families receive and pay.

Special classes in home economics will be conducted Monday, Tuesday and Wednesday afternoons from 4:30 to 5:30 o'clock.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 2, 1951

Home Economics Students to Visit High Schools in 19 Counties

URBANA--High school girls in 19 counties will hear about the University of Illinois and the home economics department from 17 home economics majors. The visits will take place during the semester vacation February 1-8.

The students will speak to high school girls to acquaint them with opportunities for women at the University and in the home economics department. They will also talk about housing, cost of living, activities and jobs while in college.

These are the first public relations visits sponsored by the Home Economics Student Council and the home economics faculty. The home economics majors will speak to students at the high school in their area or the one from which they graduated.

The girls and the high schools they will visit are: Dorothy Baity, Clay City Community High; Patricia Bast, Petersburg-Harris High; Barbara Buchholz, Melvin-Sibley Unit; I. Jean Cox, Champaign Senior High and Urbana High School; Lois Crawford, New Windsor High and Allwood Senior High; Shirley Erickson, ROVA Community High.

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Wilma Graesser, Trenton Community High; Margie Groves, DeKalb Township High and Sycamore Community High; Evelyn Johnson, Athens Community High; Mildred Kornegger, Crossville High; Viva L. Moody, Erie Community High and Hillsdale Community High.

Barbara Murphy, Carthage Community High; Delores Parrott, Sumner Township High; Mary Serven, Prairie City Community High; Lorna Springer, Fairfield High School; Barbara Thiebaud, Greenfield Community High; and Phyllis Wise, Arthur High.

Another project sponsored to acquaint high school girls with the University and the home economics department is Senior Hospitality Day, to be held for the second year in April. Senior high school girls are invited to visit the campus and to tour the home economics laboratories and classrooms.

Members of the Home Economics Student Council are Lois Crawford, New Windsor; Marilyn Womeldorff, Wheaton; Justine Ebert, Valmeyer; Patricia Price, Champaign; Barbara Murphy, Carthage; Rosemary Archibald, Joliet; Marilyn Augspurger, Lincoln; and Dorothy Giese, Peru.

Faculty advisers are Dr. Janice M. Smith, head of the home economics department, and Mrs. Carolyn W. Green, assistant in textiles and clothing.

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FOR RELEASE FRIDAY, FEBRUARY 2, 1951

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$ BEST FOOD BUYS $

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For Week of Feb. 5, 1951

Weekly tips on plentiful
foods with suggestions
for buying and using.

URBANA--Winter-storage vegetables can often be bought for half or two-thirds the price of fresh vegetables during February, March and early April.

Lee A. Somers, specialist in vegetable crops and garden extension, says that carrots, cabbage, onions, parsnips and beets are the storage vegetables that are selling at moderate to low prices now.

Specimens of stored vegetables are usually large in size. The fleshy portions are firm to hard, and the texture may be somewhat coarse. Flavors are more pronounced than those in fresh vegetables. Pound for pound, storage vegetables usually contain more calories and minerals than fresh vegetables, says Somers.

Eggs will also be plentiful during February, predicts the U. S. Department of Agriculture. Egg production is expected to be at a high level, and the quality excellent.

Check the supply and price of cottage cheese at your local market. The Department of Agriculture reports it is in generally good supply. Rich in protein, cottage cheese is an inexpensive and easy-to-serve menu item.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 3, 1951

Special Classes Listed for Farm and Home Week

URBANA--Seven special classes will be held for homemakers during Farm and Home Week at the University of Illinois February 5-8.

Demonstrations will be given on Monday, Tuesday, and Wednesday from 4:30 to 5:30 p.m. Registration is necessary each day; admittance cards will be available in the first floor lobby of Lincoln hall.

How to make your kitchen storage convenient will be explained during one of the classes. Slides on recent research will be shown. Adequate and accessible are the two key words to convenient storage. Items should be easy to see, easy to reach and easy to grasp, according to Miss Helen E. McCullough, Illinois housing research specialist.

New sewing tricks will be shown by textiles and clothing specialist Ritta Whitesel, University of Illinois. How to slip-stitch a hem on the sewing machine and make bias tape for binding are two of the tricks to be shown. Correct use of pressing equipment will also be demonstrated.

Toys that can be made inexpensively at home will be shown during the special class on "Play Equipment." The care of children at group meetings will also be discussed.

"Easy Ways With Yeast Breads" is the special class on foods. "Developing Color Schemes for Homes" will be demonstrated through the use of fabrics, wallpapers, rugs, etc.

Techniques used in the foods research laboratory in a frozen foods study will be shown during the class, "Freezing in a Research Laboratory." A University of Illinois electrical engineer will demonstrate "Effect of Light on Color."

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 5, 1951

Recognize Your Child's Play Stages

URBANA--Parents need to recognize their child's stages of play at certain ages, says Miss Margueritte Briggs, child development and parent education specialist, Illinois College of Agriculture.

This recognition may be more important than you think, she says. For example, a younger child should not be placed in a group of 20 children before he is ready for group or organized play. He will become confused and dissatisfied with the play experience. He should first be encouraged to play with one or two neighborhood children and then be gradually introduced to larger groups.

Explaining the different play stages, Miss Briggs says: Up to 18 months or two years, the child has a sense of "me" and "mine." He spends most of his time in solitary play. You can't expect group cooperation, even if several young children are together.

At about two years, the child will play beside another child rather than with him, each child playing "at" the same thing individually. This is called parallel play. He also spends a considerable amount of time watching others do things. He is confused if too many people are around.

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Recognize Your Child's Play Stages - 2

As the child grows, he will play for longer periods of time with larger numbers of children. But he does not care for organized games and is not ready for much competition untilhe is well through the primary grades.

The chief source of trouble at this age is the struggle for possession. Parents need to teach the fun of sharing and cooperating by giving suggestions and guidance, plus praise and encouragement of desirable behavior.

The four- to six-year-old child enjoys playing with other children and adults. But he also wants to do some things on his own. A wise parent permits and encourages the child to show that now he is big enough to do new things.

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Hear Safe-Homes Award Program at 9 Wednesday

URBANA--Illinois Safe-Homes awards will be presented to two counties during Farm and Home Week, which is now being held at the University of Illinois.

The county awards will be presented Wednesday morning at 9 o'clock in the Lincoln hall theatre. The program will be broadcast over University of Illinois radio station WILL.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 6, 1951

Home Bureau Federation Project Reported

URBANA--Illinois Home Bureau Federation women today heard a report on the high school unit kitchen research project which they had endorsed last year during Farm and Home Week.

Miss Mildred Moore of the University of Illinois home economics education department spoke to the homemakers during their annual meeting this morning in Smith Music hall. Other federation meetings are being held throughout Farm and Home Week, which continues through Thursday.

The purpose of the research project is to determine standards for the arrangement of equipment and supplies and for heights of working surfaces in unit high school kitchens. The aim is to teach good management in secondary schools through food preparation.

The project is under the direction of the University of Illinois departments of home economics and home economics education. Other cooperating departments are mechanical engineering, agricultural engineering and industrial education. The one-year research project is sponsored by the more than 52,000 women of the Illinois Home Bureau Federation.

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Miss Moore reported that eight high school girls--two groups of four each--were chosen and studied in two typical food preparation jobs in their high school homemaking kitchen. The girls are students at the Urbana high school. Time and motion studies were made during an individual and a group food preparation job.

Four or more different unit kitchens will be tested for efficiency. Two are U-shape and two are L-shape. All are planned so that the same cabinet units can be used in each kitchen. The same high school girls will be studied at the two typical food preparation jobs in these unit kitchens.

Trained observers will record time and motion studies. These data will be analyzed and used to determine specifications for an efficient unit kitchen. The plan resulting from the research project will undoubtedly be known as the Illinois Home Bureau Unit Kitchen.

Other work completed to date includes a study of research reports and literature concerning space and equipment needs for high school and home kitchens. Home economics courses of study published by state and city departments of education have been examined to identify the types of food preparation most frequently used in high school programs. A list of equipment and supplies necessary for each unit kitchen has been compiled. In each test kitchen, the placement of this equipment for most efficient use has been carefully planned.

This is the first research project on Illinois high school homemaking unit kitchens. Only a few related studies have been made throughout the United States.

The project is expected to be completed in June. The results and recommendations will be available to all persons concerned with building and improving high school home economics departments.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 7, 1951

NOTE TO EDITOR: DO NOT RELEASE BEFORE WEDNESDAY P.M.

Two Counties Win Safe-Homes Awards for Second Year

URBANA--Illinois Safe-Homes awards were presented for the second year to Stephenson and Edgar counties during the Farm and Home Week program at the University of Illinois.

Stephenson county received the first award for having the largest percentage of enrolled families reporting no home accidents. Of the 527 families enrolled, 96.6 percent reported no home accidents--an excellent record.

The second award was given to Edgar county for having reported the lowest percentage of home accidents among the total number of families enrolled. Three families reported home accidents from the total number of families enrolled.

County representatives received the awards at 9 o'clock this morning from Mrs. Harold P. Joy, president of the Illinois Home Bureau Federation, and Mrs. James C. Graham, home safety chairman.

Forty-six counties enrolled 11,931 families in this eighth continuous Illinois Safe-Homes program. Miss Gladys Ward, University of Illinois home management specialist, says that more families reported no home accidents this year than ever before. The program is a daily safety reminder to every enrolled family.

"The award is significant," says Miss Ward, "because it represents the individual and combined efforts of all county families enrolled in the Safe-Homes program."

COC:lw
2-2-51

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 15, 1951

For Longer Wear--Reinforce Trousers, Skirt

URBANA--Lengthen the life of those wool trousers or skirts by lining knees or seats with extra pieces of rayon.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, explains the lining or retreading job: Rayon pieces are set in from seam to seam across the front where the trouser leg gets the most wear or across the seat of trousers or skirts.

Reinforcements for trouser legs extend from just below the hip to several inches below the knee. A seat reinforcement extends from the waistline to below the hips. A skirt liner is set in from the waist to below the knee; it may be used in the back alone or in both front and back. This reinforcement is sewed to the seams of the trouser legs, the center back seam of the trousers or the side seams of the skirt.

The rayon material must be firmly woven and preshrunk before it is sewed into skirt or trousers, cautions Miss Gray. And its lengthwise grain must exactly match that of the garment. Cut the reinforcement exactly the shape and size of the part it is to cover.

Baste the liner in place, being careful to avoid pulling or stretching. Then slip-stitch the top edge of the leg lining or the

(More)

outer edge of the seat lining to the trousers. Be sure no stitches show on the right side. Attach the skirt liner at the waistband but leave it free at the lower edge. Machine-stitch the lining to the seams. Stitch close to the garment seam stitching.

For extra reinforcement, you can add rows of hand stitching to the seat lining. Start at the crotch point and tack each piece of material with parallel rows of tailor's basting.

Make the stitches very small and about one-half inch apart. The rows of basting could be even a little closer where the cloth is thin. The basting should follow the lengthwise grain of the cloth so that no stitches show on the right side.

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New Federation Officers Elected

URBANA--New officers elected at the recent Illinois Home Bureau Federation annual meeting at Urbana are: Vice president, Mrs. Gerald Dickson, Hampshire, Kane county: treasurer, Mrs. Merle Fleming, Carthage, Hancock county; director of the southeast district, Mrs. Joseph Schmitt, Ingraham, Clay county; director of west-central district, Mrs. Floyd Leonhard, Virginia, Cass county; director of the northeast district, Mrs. Roger L. Fellows, La Grange, Cook county. The women will hold office for a two-year term. Other officers will continue for one more year.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 16, 1951

Prepare Eggs With Cheese Sauce--Here's How

URBANA--Your family will vote for "eggs more often" if you prepare this tasty dish--deviled eggs with cheese sauce. The cheese and eggs provide protein, riboflavin and vitamin A.

Foods specialist Ruth Hodgson, University of Illinois College of Agriculture, says that a low temperature is the most important step in egg and cheese cookery. The protein gets tough and rubbery if it is cooked at a high temperature or for too long a time.

DEVILED EGGS WITH CHEESE SAUCE
(4 servings)

4 hard-cooked eggs
4 teaspoons mayonnaise
1/2 teaspoon horse-radish
1/4 teaspoon salt
Dash dry mustard
Dash paprika
2 teaspoons chopped sweet pickle
1 teaspoon parsley
2 English muffins

1. Halve the hard-cooked eggs lengthwise; remove the yolks and use a fork to mash them with the other ingredients. Refill the egg white halves.
2. Split and toast the English muffins.
3. Place the eggs on the muffin. Pour the cheese over the egg. Garnish. Serve at once.

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FOR RELEASE FRIDAY, FEBRUARY 16, 1951

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$ BEST FOOD BUYS $

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FOR WEEK OF FEBRUARY 19, 1951

Weekly tips on plentiful
foods, with suggestions
for buying and using.

URBANA--Heavy turkeys are in good supply. The U. S. Department of Agriculture reports that nearly 112 million pounds of turkey were in cold storage the first of this year; many of the birds are the large ones suitable for sale in parts.

Foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture, suggests buying turkey by the piece or in halves or quarters if they are available at your local market. Or if you have a freezer, buy a whole turkey--use only half or quarter--and store other parts for use later, she says.

Look to processed fruits and vegetables as good buys this week. Freezing weather in fruit and vegetable growing areas and delays due to the railroad switchmen's strike caused prices of fresh fruits and vegetables to take a decided jump.

Another reason processed foods may be a better buy is that canned and frozen vegetables were included in the price freeze put into effect January 26. Prices were frozen at the highest price charged by the retailer in the period December 19 to January 25.

Good supplies of smelt and lake herring are reported in the Chicago area. The fish and Wildlife Service reports that truck service insured good supplies during the railroad strike.

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2/12/51

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 17, 1951

Cut Food Costs by Preventing Waste

URBANA--How much food did you waste today?

Not any, you say? But what about those outside lettuce leaves that didn't look quite right? Or those celery tops in the garbage pail? Or the thick peeling from the potatoes?

Surveys made during World War II showed that the average American family tosses away 225 pounds of edible food each year. Are you one of these contributors to waste?

You can stop that unnecessary food waste at home. It's more than a matter of family thrift; it's an important step in helping to conserve the nation's food supplies.

Foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture, says that food wastes are caused by unplanned shopping, failure to plan meals in advance, improper storage, poor food preparation and table waste. She has these suggestions for preventing waste:

Be sure to store each food properly. One example is the storage of left-over fats: If drippings are left on the stove, they'll soon be rancid. Store them in a dry, cool, and dark place. Before storing fresh fruits and vegetables, remove those with bruised spots and spoiled areas; otherwise the spoilage will spread. Store potatoes, cabbage, and root vegetables in a dry, cool place.

Food preparation wastes can be prevented by peeling fruits and vegetables thinly, by scraping batter and dough from mixing bowls, by measuring carefully to prevent failures, by cooking properly, and in many other ways.

When you have done these things, cut down on table wastes by getting your family into the habit of eating everything on their plates.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 19, 1951

Use Cottage Cheese in Sandwiches, Salads

URBANA--Nutritious cottage cheese can be used in many ways in your meals. Add it to a tossed salad just before serving: mix it with peanut butter to make a tasty sandwich spread: serve it as a meat alternate; or use it to make a cake or pie.

Foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture, says cottage cheese is an inexpensive source of protein. It can be served occasionally as a meat alternate, she says. Others sources of iron and B vitamins--green vegetables, molasses cookies or prunes--should be provided when the cheese is served as a meat alternate.

To serve cottage cheese in a salad, simply add it after the dressing and toss the salad lightly. Or use it to form a ring mold for a fish or meat salad.

Soften two packages of gelatin in one-half cup of cold water, and let it dissolve over hot water. Then add 1 1/2 cups cottage cheese, one cup top milk or cream, two tablespoons lemon juice, one tablespoon onion juice, one-half teaspoon salt and one-fourth teaspoon paprika. Pour into a ring mold and let it become firm.

Tasty cottage cheese-pickle-peanut sandwiches provide an extra amount of protein because peanut butter is used with the cheese. To make the spread for four sandwiches, combine two-thirds cup cottage cheese with one-third cup peanut butter (coarse grind) and one-third cup diced dill pickles. Spread generously on bread.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 20, 1951

Tips for Planning Your Garden

URBANA--Home gardens are going to be of extra importance this year. They will serve as one of the family jobs in the all-out production effort.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, recommends consulting records on last year's garden and your supply of frozen or preserved foods to determine the amount you should plant this year.

If you're overstocked with certain vegetables, for example, you'll want to decrease the amount you plant this year and use that space for something you didn't plant enough of last year.

Plan the amount to plant carefully, basing it on family needs and preference. To do this, estimate the number of servings--weekly and yearly--needed for each person in your family.

Nutritional needs are of prime importance, says Miss Armstrong. Surveys have shown that most families could use more of the protective foods. Some of these are tomatoes, green leafy vegetables, strawberries, raspberries and cantaloupes for vitamin C. More leafy, green and yellow vegetables that can be stored, canned or frozen for winter use are also recommended. Practically all these foods can come from Illinois home gardens.

When planning your garden, consider the method you're going to use for preserving the fruits or vegetables. Some varieties are more suitable for freezing; some are better for canning. For example, the Glacier peas are more suitable for freezing than the Wisconsin early sweet or late varieties.

A copy of "How Much to Plant, Store and Preserve" is available from the University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 21, 1951

How to Care for Pinking Shears

URBANA--Keep your pinking shears in the "pink" of condition, and use them correctly if you want a neat, even seam finish instead of a frayed, chewed one.

Miss Fern Carl, specialist in textiles and clothing, University of Illinois College of Agriculture, says that pinking shears should be returned to the factory for resharpening. So keep yours sharp and serviceable as long as possible by giving them the best of care. Read and follow the directions that come with your shears.

The blades are readily marred and dulled by lint and dust. Keep a soft cloth handy for wiping them before and after using. It is much safer to store them in a case or box than to lay them away in a drawer.

Place a drop of oil on the cutting edges occasionally, and under the screw that holds the blades together. Be sure to wipe the oil off before you use them again.

Use the shears only to cut fabric, and not to cut such things as paper or string. Use them to cut the weight of cloth recommended by the directions. If your shears were made for pinking light-weight cloth, they may be ruined by cutting heavy cloth.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 22, 1951

Serve Easy-to-Prepare Fish Fillets

URBANA--Frozen fish fillets are good buys for those Lenten meals. Plentiful supplies and moderate prices make them good buys. And there is no waste because fillets are boneless solid pieces cut from the sides of the fish.

Foods specialist Ruth Hodgson, University of Illinois College of Agriculture, recommends a low temperature and short cooking time to keep the fish moist and tender.

Broiling the fillets takes little meal preparation time, says Miss Hodgson. You can pop the fillets into the broiler 10 minutes before the meal and they'll be ready to serve.

If time permits, thaw the fillets before broiling. Wipe them dry with a damp cloth. If desired, dust lightly with flour, cornmeal or cracker crumbs. Preheat the broiling compartment (but not the pan) for 10 minutes.

Place the fillets skin side up on the broiler pan about two inches from the source of heat. Baste with melted butter or margarine. Turn carefully. Broil for five to eight minutes.

A test for doneness: When the fish loses its semitransparent look and becomes white or creamy colored, it has been cooked long enough. At this stage it is tender and moist.

If there is no time to thaw frozen fillets, you can broil them frozen. Place three inches from the source of heat, and allow a little longer cooking time.

"Recipes for Fish and Sauces for Fish" are available from the University of Illinois College of Agriculture, Urbana. They are free on request.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 23, 1951

Avoid Fabrics With Off-Grain Designs

URBANA--Before you buy printed fabrics, check to see whether the design is printed straight with the weave of the material.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, says that the best guide for checking the straightness of the design is the torn end of the fabric. The design should be on the straight of the grain in relation to the torn edge.

If the design has lines in it or is a regular pattern that forms lines, it is easy to see whether it is printed straight.

By knowing what to look for when buying prints, you can often avoid an unfortunate purchase. It takes but an instant to make the inspection at the counter before making your decision.

A garment made from material that is printed off grain will not hang correctly without distorting the design. It will be necessary for you to sacrifice either the hang of the garment or the matching of the design.

Any fabric can slip in the printing machinery and be printed off grain. This can happen to expensive silks, as well as to percale, dimity, chintz and even oilcloth.

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FOR RELEASE FRIDAY, FEBRUARY 23, 1951

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$ BEST FOOD BUYS $

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FOR WEEK OF FEB. 26, 1951

Weekly tips on plentiful
foods, with suggestions
for buying and using

URBANA--Lettuce prices have dropped sharply during the past week, according to the fruit and vegetable market news offices of the U. S. Department of Agriculture.

Check the supply and price of lettuce at your local markets. And for a quality purchase, look for heads that are heavy for their size, with clean leaves free from rusty-looking tips. Weight and solidity are also good indications of top quality in lettuce.

Another vegetable reported to be in fairly good supply is parsnips. Choose the small to medium-sized parsnips that are firm and well-shaped, says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture. Avoid those that are soft or shriveled. One pound will serve about three persons. Two other good vegetable buys predicted for the week are topped carrots and sweet potatoes.

Fresh fish has been arriving in larger quantities at the Chicago wholesale fish market since the end of the railroad strike. Best buys are lake herring and smelts, according to the Fish and Wildlife Service, U. S. Department of the Interior.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 24, 1951

Flavor for Lenten Meals

URBANA--Add extra tastiness to that baked or broiled fish with herb butter or lemon juice and herbs.

Foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture, says that these two flavorings are easy to make.

Add 2 1/2 tablespoons minced parsley and 1 1/2 tablespoons minced chives to four teaspoons lemon juice and let stand for five to 10 minutes. Then blend this mixture with one-half pound fresh unsalted butter. Store in a covered jar for several days.

You might use a lemon juice—herb mixture as a substitute. Soak two teaspoons dried herbs in four teaspoons lemon juice.

You can use these mixtures for sandwiches, eggs--boiled, poached, scrambled--fried or broiled meat, or vegetables.

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A Trick With Herbs

URBANA--Using dried herbs for flavoring? Try this trick suggested by Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Give the herbs a hot and cold bath to bring out their good flavor. Place the amount to be used in a tea strainer. Dip the strainer in boiling water for 10 seconds and then immediately in cold water for 10 seconds. Drain and add to the food.

Or you can soak the herbs in water or lemon juice for a few minutes and then add them to the food.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 26, 1951

Rainy-Day Specials for Your Child

URBANA - A special box for rainy days may be the answer to your child's restlessness when the weather is too bad for playing outside.

Mrs. Ida Johnson, child development specialist, University of Illinois College of Agriculture, says children usually dislike gloomy, rainy days because not enough new and different things are planned to hold their interest. Some new idea--like playing store or ice cream parlor or building a "pretend" train--might be just the thing to attract them. A box labeled "For Rainy Days" might even make your child look forward to rain.

The box should be kept for special occasions--a day that's rainy or a day when the child is sick and can't go outside to play. You might keep in it the extra toys your child received at Christmas or birthday time. The toys that numbered too many then will be really appreciated now.

Magazines that the child can clip are good rainy-day interest-holders. You might keep one or two in the special box. A five- to six-year-old can make a scrapbook by pasting the pictures in a book. And a three- to four-year-old can cut or paste small bits of construction paper on brown paper.

Unused rolls of wallpaper are good for coloring. Cut the roll into big sheets--about 18 by 24 inches. Children use a full arm movement when they're learning to color.

Mother might plan a baking party for a bad afternoon and let the youngsters help. Little jobs, like cutting the cookies, placing them in the pan, or decorating them with raisins, are ideal to keep the small fry busy and happy.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 27, 1951

Hemstitch Napkins, Place Mats by Machine

URBANA--Use the sewing machine to hemstitch those towels, scarfs, napkins and place mats. It's a quick and easy way to make an attractive finish and border design.

Textiles and clothing specialist Florence King, University of Illinois College of Agriculture, says, "Choose a firmly woven material--embroidery linen, cotton or others--for the article you want to hemstitch." The width of the hemstitching, she says,is determined somewhat by the fineness of the material. For example, a wider row of hemstitching could be used on a coarse linen material than on a fine cotton.

Adjust the size of the machine stitch according to the number of yarns you want held together in one stitch. Twelve or 14 stitches to the inch make a larger bundle of yarns in the hemstitching than a shorter stitch that is 18 stitches to the inch.

Follow these steps, as suggested by Miss King: Mark the position for the hemstitching, allowing enough margin at the side of the cloth to turn up for the hem. Draw the yarns of the cloth: the number depends on the width of the hemstitching and the fineness of the material.

Turn the hem and baste it in place in the top of the drawn yarn area. Stitch the hem in place by machine. Then push the hem from the top to the bottom of the drawn yarns. This forms the hemstitching.

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2-23-51

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 28, 1951

Choose Right Space for Play Activity

URBANA--Help your young child choose a space suitable for a particular type of play. If he wants to paint, for example, provide a place to do it in the kitchen, where spilled water can be wiped up easily.

Mrs. Ida Johnson, child development specialist, University of Illinois College of Agriculture, says that parents can forestall difficulties and problems if they help the child choose appropriate play space for certain activities. Often this may prevent accidents to the child or a borken lamp or marred furniture.

If the family is enjoying quiet activity in the living room, a puzzle or scrapbook might occupy your child's interest. Or he could string large wooden beads, color or build with blocks. Help the child become interested in a quiet activity. Parents may take this opportunity to play with their children--perhaps read or sing to them.

If your child wants to play with a ball in the house, choose an area without many breakable accessories where he can roll or bounce it. It may be the porch or basement. Perhaps mother has some jobs she can do there while the child is playing. The porch or basement is also a good place for a child to ride a tricycle when he can't ride outside; then mother won't need to remind him of furniture or breakables.

Careful choice of play equipment may make an activity suitable for use in more rooms. For example, clay with a powder base can be used in almost any room in the house because the clay won't leave a stain on upholstery or rugs. However, because an oil-base clay stains, it should be used in the kitchen or recreation room.

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2-23-51

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 1, 1951

Use Herbs to Flavor Meatless Dishes

URBANA--Use herbs to add pep and flavor to those meatless Lenten dishes. You can use fresh or dried herbs, whichever you prefer.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, suggests flavoring hard-cooked eggs with mixed herbs and baking the mixture with butter, cream and beaten eggs.

If you use fresh herbs, be sure to cut or chop the leaves quite fine, Miss Cook says. Bake this egg mixture in individual custard cups or ramekins. Garnish with chopped celery leaves or parsley, and the individual cups can go to the table "as is" from the oven.

EGGS IN RAMEKINS

4 hard cooked eggs
2 tablespoons fresh mixed herbs
or
1 teaspoon dried herbs (thyme, basil, savory, marjoram, parsley)
2 tablespoons butter
1/4 to 1/2 teaspoon salt
2 eggs, beaten
1/2 cup cream

Finely mince the hard-cooked eggs. Cook herbs in butter for three to five minutes. Do not brown. Add minced eggs, salt, beaten eggs and cream.

Place in well-buttered custard cups or ramekins. Bake in moderate oven (350° F.) 15 to 20 minutes. Serve at once.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 2, 1951

Armchair Garden Planners Need Good Catalog Supply

URBANA--Save time in your armchair garden planning by having a good supply of new catalogs on hand.

Lee A. Somers, vegetable gardening specialist, University of Illinois College of Agriculture, says that a good supply of nursery and seed catalogs is the first requirement for sound garden planning.

Somers suggests getting two or three different catalogs so that you can select varieties for your garden according to your needs, climatic requirements, disease resistance, etc.

The catalogs give such helpful information as the planting time and the number of days it takes to grow each variety. You can choose according to the length of the growing season in your particular area.

If such diseases as cabbage yellow or tomato wilt destroyed those vegetables last year, you'll want to choose varieties resistant to them. Your catalogs will tell you what varieties are resistant.

The amount of seed necessary for rows of certain lengths is usually listed in the catalogs. You'll find these facts especially helpful if you estimate family needs by the row.

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FOR RELEASE FRIDAY, MARCH 2, 1951

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$ BEST FOOD BUYS $

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For Week of March 5, 1951

Weekly tips on plentiful
foods, with suggestions
for buying and using

URBANA--A cue for homemakers to serve more lettuce is the "low price, plentiful supply" report from the U. S. Department of Agriculture.

Add variety to those lettuce salads by preparing different dressings, says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

A basic French dressing, for example, can be used to make nine or more tasty dressings. Prepare a cheese and egg dressing by adding one hard-cooked egg (chopped), one-fourth cup finely chopped American cheese, and two tablespoons each chopped parsley and pimento. Or make a horseradish dressing by adding two tablespoons prepared horseradish to the French dressing.

Apples promise to be at reasonable prices during March. Stocks in storage are record large for this time of the year. Team apples with lettuce for tasty salads. And serve your family's favorite apple dessert while supplies are good.

Despite February freezes which cut short the citrus harvest in Texas, there is a good supply of processed oranges and grapefruit, especially canned and frozen juices and canned segments. Compare prices of fresh and processed citrus fruits at your local markets. The processed may be a better buy.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 3, 1951

Serve Zippy Sauces With Fish

URBANA--A good fish sauce is usually tart and "spicy"--frequently made with a catsup or a mayonnaise base.

Tartar sauce, as made by Miss Ruth Hodgson, foods specialist, University of Illinois College of Agriculture, uses the mayonnaise base. Her recipe calls for one cup of mayonnaise combined with one tablespoon each of chopped capers, olives, parsley and pickles.

To add pep and richness to a lean fish that may be lacking in fat, Miss Hodgson suggests the use of a lemon-butter mixture. To make it, cream together two tablespoons of lemon juice and one-fourth cup of butter. If the whole family enjoys the lemon flavor, the lemon butter can be spread on the fish before taking it to the table. Otherwise, the sauce can be served separately.

Recipes for sauces to serve with fish are flexible and can be easily changed to meet the family's food tastes. The point to remember when making these changes is that a sauce should bring out the delicate flavor of the fish, but not overpower or cover up the flavor.

A copy of "Recipes for Fish and Sauces for Fish" prepared by Miss Hodgson is available on request. Write to the University of Illinois College of Agriculture, Urbana.

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AJR:lw
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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 5, 1951

Get Longer Life From Your Curtains--Here's How

URBANA--Want to add some time to the life of your cotton and rayon curtains?

Textiles and clothing specialist Florence King, University of Illinois College of Agriculture, says that washing the curtains every four to six weeks will make them last longer.

The washing will overcome the formation of oxy-cellulose which dries your curtains and causes them to crack and tear apart easily.

This "washing every month-or-so" policy, says Miss King, is much better than letting curtains hang for a half or full season before washing It is the same principle that lengthens the life of your linens, she says. Alternating the use of your sheets or tablecloths prevents them from drying out and cracking.

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COC:lw
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FOR RELEASE MONDAY, MARCH 5, 1951

Specialist Tells Spring Wardrobe Trends

URBANA--Color and fabric combinations are new notes in milady's wardrobe for spring and summer this year.

Miss Susanna B. Colton, University of Illinois clothing specialist, says that unusual pastels and bright, clear colors will be used frequently as basic wardrobe colors this season. Bright pink, shades of purple--particularly lavender--and burnt sugar are some of the more popular colors. Basic colors won't be limited to navy blue and black, she says.

New fabric combinations will be seen in the fashion parade. Linen, faille or velvet will be used for double details, such as collars and cuffs on wool suits. Crisp touches of organdy on silk or rayon will be popular favorites.

"All-year-round" fabrics will come into the fashion spotlight. Textures and colors will be as popular in the winter as in the spring. One example is the light-weight sheer wool material brought out on many counters and in ready-to-wear departments this season. This fabric will be as chic on a summer day as when worn under a coat in fall or winter.

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COC:lw
2-28-51

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 6, 1951

Hearty Sandwiches for the Lenten Lunchbox

URBANA--If sandwich fillings for meatless days is the puzzle in your lunchbox meal planning, here are some suggestions from extension nutritionist Grace Armstrong, University of Illinois College of Agriculture.

Lunchbox sandwiches--meat or meatless--need to be hearty and filling, she says. During Lent, when meat substitutes are necessary for many people, careful plans should be made that a protein food is included in the sandwich filling or other part of the lunch.

One tasty and hearty filling is chopped hard cooked eggs mixed with salad dressing and seasoned with minced green pepper or parsley.

Cheese filling can be made especially good by grating or cutting fine Cheddar or American cheese and mixing it with minced onion and salad dressing.

Baked bean sandwiches are tasty and nutritious favorites. Just mash baked beans or put them through a colander. Add chili sauce or catsup. You can add some salad dressing if the beans should be thinner for spreading.

Butter both slices of the bread so the fillings won't soak into the bread too easily.

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FOR RELEASE TUESDAY, MARCH 6, 1951

News for the Fashion-Wise

URBANA--Bringing that last year's wardrobe up-to-date for spring is quite easy to do this year. There is no decided change in the fashionable silhouette. Little details or added fullness may bring a suit or dress right in step with the 1951 spring parade.

Miss Susanna B. Colton, clothing specialist, University of Illinois College of Agriculture, says that one feature of spring fashion this year is double detail in collars, cuffs, or flaps on jackets or dresses. A velvet collar and cuff set might be added. Or pocket flaps could introduce a touch of linen or velvet to that wool suit.

Braid and embroider trim are good for spring. Braid could be used to trim collars, cuffs, or the fitting seam line in the jacket. Sparkly rhinestone buttons are popular on wool--especially gray flannel. Black jet or other decorative buttons might add the fashionable touch to dresses or blouses.

Skirts now have more fullness; they're not the straight slimness they were last year, says Miss Colton. A godet or pleat can add that fashionable and practical fullness. If you have any material left over, use it to insert a pleat in the front or back seam.

Little elbow-length capes might make one dress into several ensembles. A material of contrasting color can be used for the lining and as trimmings on pocket flaps or other details.

Three-quarter length sleeves on coats or jackets will be seen frequently this year. You could shorten sleeves and add a fitted facing and cuffs if you want to make over your coat or suit.

COC:lw
3-2-51

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 7, 1951

How to Clean Your Iron

URBANA--Let your iron cool before trying to remove burned starch. It will usually come off when rubbed with a soft cloth dipped in soapy water.

If that won't do the job, Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture, says you can use a fine scouring powder like whiting, or a silver polish. Afterwards, wipe the iron with a clean, damp cloth and dry.

Never scrape at starch on an iron, nor scour it off with harsh abrasives. The ironing surface of most hand irons is a plating of highly polished metal. Nothing should be used in cleaning that would wear through the plating to the metal beneath, since it would rust.

Rough edges of a badly scratched iron will catch and pull at tiny cloth fibers during ironing. If your iron is in that condition, try polishing the plate with a small amount of beeswax or paraffin while the iron is still warm. Wipe off the excess wax with a dry cloth, or a clean piece of paper.

AJR:lw
3-2-51

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 8, 1951

Buy Mild Scouring Powders for Sink--Or Make One at Home

URBANA--A scouring powder is too harsh for your sink if you can feel coarse, sharp particles when you rub a sample between your fingers. Gritty powders will scratch the porcelain, allowing it to stain and soil easily, and will make future cleanings more difficult.

Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture, says that,although these rough scouring powders will readily remove grease and dirt, their action may be so "magic" that the surface of the sink or tub is marred before one is aware of it.

Shop around until you find an abrasive that will remove the soil but not scratch or dull the finish on your equipment. Or make a mild scouring powder at home.

The homemade mixture consists of equal parts--by weight or measure--of a detergent and whiting. The detergent gives a "sudsing" action to the mixture. Whiting is a fine-grained, powdered chalk, available at drug and paint stores.

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AJR:lw
3-5-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 9, 1951

Sewing Machine "Darning" Saves Time

URBANA--Use your sewing machine to darn tiny holes and worn places in work clothes, slips and towels. The machine will give you a neat repair job and will save mending time.

If your machine has the reverse feeding mechanism, you can sew back and forth over the torn or thin place, reversing the stitching direction with the control. It isn't necessary to turn the cloth around each time you make a row of stitching.

If your machine does not have the reverse stitching control, Fern Carl, clothing specialist, University of Illinois College of Agriculture, suggests that you can replace the presser foot with a darning attachment. Or you can use the following techniques to do the job without an extra attachment:

The first step is to loosen the pressure enough to slide the cloth back and forth under the presser foot, says Miss Carl. Read your instructions to see whether you can decrease the pressure automatically on your machine. Otherwise, hold up the presser foot or unscrew the presser bar screw.

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Sewing Machine "Darning" Saves Time - 2

To hold the presser foot up as you stitch, tie it with a strong tape, a strip of cloth or a piece of wire. Or insert a match stick under the presser bar lifter. You might even hold the presser foot by raising the pressure bar lifter slightly with your hand. However, this particular method is recommended only for a short mending job.

Regulate the length of the mending stitch by the movement of the material. You'll need to practice until you can coordinate your speed of movement with the speed of the stitching. If you move the cloth quickly, the stitch will be long. A slow movement results in a short stitch.

If you remove the presser foot for the mending job, place the material to be darned in embroidery hoops. Slip the hoops under the needle and stitch back and forth over the place to be darned, moving the hoops as you stitch.

Embroidery hoops cannot be used if the presser foot is not removed. Hold the cloth taut and smooth. Control the length of the darning stitch by the movement of the material.

COC:lw -30-

To Keep That Herb Flavor, store dried herbs in closely covered cans or jars--never in paper bags or boxes. Tight covers are necessary because the flavoring oils evaporate easily.

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COC:lw
3-5-51

FOR RELEASE FRIDAY, MARCH 9, 1951

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$ BEST FOOD BUYS $

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For Week of March 12, 1951

Weekly tips on plentiful
foods, with suggestions
for buying and using

URBANA--Now is a good time to use your home-processed foods from last summer. Holding food products until they decrease in food value is false economy.

Foods and nutrition specialist, Frances Cook, University of Illinois College of Agriculture, tells us that canned and frozen foods held over for a second season lose some of their flavor, color and texture, as well as their nutritive value.

When you select foods from the markets, watch for plentiful supplies of processed citrus fruits and for good-quality Illinois apples. There should be enough variety among the apples to find ones for eating out of hand, for salads and for cooking.

Among the vegetables, check the stands for parsnips, rutabagas, topped carrots and for last season's Irish potatoes.

Some cuts of pork rank among the best meat buys at the market, according to a report from the U. S. Department of Agriculture. There is a lot of pork in cold storage, and there will be increased supplies by the end of March, when last fall's pig crop starts coming to market.

In high-quality pork, the outside of the cut is well covered with a layer of fairly firm white fat. Fat indicates quality in pork. When making your selection, estimate the amount of bone, gristle and excessive amounts of fat contained in the cut before buying it.

All cuts of pork from quality animals are tender, so all large or chunky cuts, both fresh and cured, may be cooked by roasting. Pork should always be cooked well done. The cooked lean of fresh pork should be grayish white without even a tinge of pink.

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 10, 1951

Add Popular Fullness to Slim Skirt

URBANA--Skirts have a gentle flaring fullness this season. But this change in the silhouette doesn't mean that you should discard last year's straight, slim skirt.

Clothing specialist Susanna B. Colton, University of Illinois College of Agriculture, says you can add that extra fullness by introducing a pleat.

Use left-over material for the pleat if you made the skirt at home. Otherwise, try to match the material from the selection at your local stores.

Follow these steps to introduce a back pleat to a four-piece skirt: Rip the center back seam from the lower edge to the point at which you wish the pleat to end. About 12 inches is an average length for the finished pleat. Rip the hem three or four inches on both sides of the center back seam.

Cut a straight piece of skirt material about nine inches wide and as long as you want the pleat to be, allowing for the hem at one end plus an extra two inches at the other end. Seam each of the lengthwise edges of this piece to each of the ripped edges of the center back seam.

Lay the skirt flat on a table to bring the two seam edges together at center back on the right side. Baste to keep the pleat closed while pressing. Then press the pleat on the wrong side.

Stitch across the top of the pleat on the inside from the two folded edges of the pleat to the center back seam. Be careful to stitch the pleat only, and not the skirt and pleat. Tack in place. Rehem the lower edge.

COC:lw
3-7-51

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 12, 1951

Judge Lamp Shades by These Guides

URBANA--Cast a critical eye at your lamp shades when making room improvement plans for springtime. Lamp shades that are shabby or out of date--and they're apt to be both by the time they are 5 years old--should be discarded or else re-covered with suitable materials.

Miss Joda McGaughey, home furnishings specialist, University of Illinois College of Agriculture, gives the following guides for judging your present lamp shades or for selecting new ones.

In order that the base of a lamp and its shade will appear as a unit, the two must agree in scale, line, texture and color, says Miss McGaughey.

Proper scale is achieved when the effect seems neither base- nor top-heavy; harmony of line or shape suggests that you wouldn't put a round shade on a square base; while the texture of a fine, dainty base calls for a delicate shade rather than one made of a rough fabric.

In general, lamp shades that permit light to pass through should be white, near white, or pale, warm colors. When a base is colored, the shade may be trimmed with a few lines of the color in order to unify the two.

Frills and heavy decorations are out of place on a lamp shade. Pictures of flowers, landscapes and the like belong in frames on the wall. When put on lamp shades, they cloud and blot out the light that should come through the shade.

It is best to remove the cellophane wrapping from a new lamp shade. Heat from the lamp can cause the cellophane to stretch and draw, pulling the entire shade out of shape.

COC:lw
3-7-51

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 13, 1951

Remember Safety While Housecleaning

URBANA--Keep safety foremost in your mind during those spring housecleaning days. The use of improper or unsafe equipment, haste or overtiredness may mean an accident for you or other family members.

Mrs. Ruth C. Freeman, coordinator of the Illinois Safe-Homes program, University of Illinois College of Agriculture, has these suggestions for housecleaning time:

Use a sturdy metal stepladder in cleaning windows, cabinets, and other high places. Be sure the ladder is placed on the level. Never use a chair, box or other makeshift ladder.

If you already have a ladder, check the steps to see that they are in good condition. Invest in a new ladder, if necessary: the cost is little compared to hospital expenses that may result from a fall.

Don't place cleaning equipment and supplies or magazines and newspapers on stairways or in other traffic lanes. Such habits invite accidents.

When using furniture or floor polishes, be sure there is no flame in the room. Some polishes contain linseed oil or turpentine, which are inflammable.

Space housecleaning jobs during the season so that you will not become fatigued or overtired from trying to do too much at one time. To keep alert, rest between jobs.

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COC:ms 3-9-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 14, 1951

Help Your Child Understand His Problems

URBANA--Take time to see your child's problems as he sees them. Don't belittle his problems.

Miss Margueritte Briggs; child development and parent education specialist, University of Illinois College of Agriculture, says that too many times a child's problems seem trivial and unimportant to adults. There is danger of overlooking them. Parents need to understand why a child feels jealous or neglected, for example, and then try to help him.

If your four-year-old is jealous of the time mother spends with the baby, it's important that you understand why he feels neglected. By understanding his problem and giving him more affectionate guidance, you will help him to avoid the feeling of shame and guilt that sometimes results when a child is jealous. Talk things over with the child and let him come to a wiser solution through your guidance. This will help him face and solve future problems more adequately.

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COC:ms
3-9-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 15, 1951

Why Breakfast Is so Important

URBANA--Do you know why nutritionists place so much importance on a good breakfast? It's because that first meal "breaks a fast" of 12 or more hours. Your body needs a good supply of food to give it added energy for the new day.

Miss Grace Armstrong, extension nutritionist, University of Illinois College of Agriculture, says a good breakfast includes about one-fourth to one-third of the daily food needs.

The basic breakfast pattern is fruit or fruit juice, breakfast cereal or meat or eggs, whole wheat or enriched bread, butter or fortified margarine and milk.

Such a breakfast costs little in relation to the food value it gives. A meal following the basic pattern with cereal and top or thin cream as the main dish costs only about 15 cents, or about one-sixth of the day's total food bill. Yet for most people it provides from one-fourth to one-third of the day's food requirements. That's a bargain everyone should buy!

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COC:lw
3-12-51

FOR RELEASE THURSDAY, MARCH 15, 1951

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$ BEST FOOD BUYS $

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FOR WEEK OF MARCH 19, 1951

URBANA--Check the supply and price of yellow perch at your local markets. If they reflect the increased supply and low price trend at the Chicago wholesale fish market, perch are a good buy.

The Fish and Wildlife Service, U. S. Department of the Interior, says the wholesale price of yellow perch has dropped from 8 to 10 cents a pound as supplies have increased. If you buy some perch for your Lenten meals, be sure to store it well iced or in the coldest part of the refrigerator.

Good buys on vegetable counters are topped and washed or bunched carrots, sacked onions, head lettuce and sweet potatoes.

Fresh snap beans have been lower in price in recent weeks. The large wholesale markets report a wide range in quality and prices. Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says good-quality snap beans should be of good, even color, and should snap when broken.

Best March fruit buy is apples. U. S. apple stocks from last year's harvest are still very large. Use apples as the main fruit in your meals.

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COC:lw
3-12-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 16, 1951

Oven Doors--Careful Treatment Pays

URBANA--The oven door is the most common source of range trouble. Poorly fitting oven doors can result in improper baking and high fuel bills.

Don't abuse your oven door by resting a heavy roast on it while putting it in or taking it out of the oven, advises Miss Margaret Goodyear of the home management department, University of Illinois College of Agriculture. If the door was not designed to carry heavy weights, the frame will be sprung out of position. This creates a faulty seal and a resulting loss of heat.

Use a piece of paper to check the fit of your oven door. The top should fit tightly enough to keep you from pulling the paper out easily when the door is closed on it. The bottom edge of the door should not fit tightly, but should have 1/8-inch space to let air circulate through the oven.

If the oven door does not fit correctly, a simple adjustment can sometimes be made by a family member; at other times a serviceman may be required.

After using the oven, leave the door open slightly until it cools so that moisture from cooking will not condense on the oven walls. If you close the door while the oven is still hot, the moisture may rust any part that is not rust-proof.

AJR:lw
3-12-51

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 17, 1951

A Basket Saves Housecleaning Time--Here's How

URBANA--Have you heard of "as you" baskets that enable you to take things as you go from one room to another, upstairs, or downstairs. A special "as you" basket for housecleaning can save a lot of steps and time.

Home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture, says that this basket makes one trip do two or more jobs.

As you go upstairs or to one part of the house, you can take the basket which contains brushes, dustcloths, furniture polish and waxes. Your supplies will be collected in one place ready to help you with the cleaning job. The basket can be just as time-saving during daily and weekly cleaning tasks as during the annual spring cleaning which some homemakers do.

The basket helper saves time in two ways: Supplies are gathered before you start cleaning. You needn't waste several minutes each day or week getting supplies together. Second, you don't have to "back-track" to get that forgotten bottle of polish or dustcloth.

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COC:jo
3-14-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 19, 1951

Seam Guide Saves Spring Sewing Time

URBANA--Illinois 4-H Club girls are learning that the seam guide is a time-saver in their clothing projects. Homemakers who follow their example will learn that the guide can save time in their spring sewing.

Miss Florence Kimmelshue, University of Illinois 4-H Club specialist, says that the seam or cloth guide helps to make even stitching for such jobs as machine basting and stitching, stay-stitching and marking lines for turning folds. It saves time because you don't need to measure and mark for each stitching.

The seam guide is the sewing machine attachment that somewhat resembles a garden hoe. It is attached with a screw to the bed of the machine at the right of the needle. You can set it different distances from the needle to serve as a guide for your stitching.

When you stitch, hold the cloth so that the raw edges rest against the guide. Be sure to keep the edges together when you stitch seams; the ends of the cloth should be exactly together at the end of the seam.

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3-14-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 20, 1951

Let Children Help Decorate Eggs

URBANA--Decorating Easter eggs is a fascinating adventure for children. The finished products can be put into Easter baskets and given to friends, or you can plan to use the eggs later in favorite dishes provided you've kept them under proper refrigeration.

Two dozen hard-cooked eggs will make an interesting project for several children. The best way to cook that many eggs is to place them in a large pan and add enough cold water to cover by an inch. Miss Jane Phillips, food and nutrition specialist, University of Illinois College of Agriculture, says to bring the water to simmering and simmer 25 to 30 minutes. She cautions against letting the water boil, since high temperatures give eggs a toughened white and a yolk with a dull yellow color.

Cool hard-cooked eggs promptly in cold water so that a dark surface won't form on the yolks. This step will also make the eggs easier to peel. After they are cool, dry them and place in the refrigerator until time to color.

You can share in the egg-coloring fun, or else give the children the materials and the directions and let them make their own creations. Cover the table with newspapers. Aprons or dish towels will protect clothing from accidents. For safety's sake, give the children blunt scissors to use if they will be doing any cutting, and be sure the commercial dyes you give them are harmless to taste.

When the last egg has been decorated and admired, put them into the refrigerator for the bunny to find and hide during the night.

AJR:lw
3-16-51

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 21, 1951

Start Keeping Records Now

URBANA--Did you have to search for scattered receipts, canceled checks and monthly statements when you made out your income tax report this year? Why not start keeping accounts so that, when next March 15 rolls around, you won't have any trouble figuring your income and expenses.

Mrs. Ruth C. Freeman, home accounts specialist, University of Illinois College of Agriculture, home economics department, says it isn't too late to start keeping records for this year. You can transfer the totals from your check stubs and receipts to get the record for the first three months' expenses.

Family accounts do more than just tell you where your money has gone, says Mrs. Freeman. By studying them carefully, you can also find out how good a job of spending and saving you have done.

The University of Illinois "Family Accounts" book is designed especially for farm and town families. Any Illinois farm family keeping one of these account books for a year may send it to the department of home economics for analysis. The book is returned with an individual report.

Another form for keeping records is the "Wall Record for Spending and Saving." It is a handy set of wall cards that you can hang on your wall or inside the kitchen cupboard--where it acts as a frequent reminder to jot down your daily cash outgo.

Copies of these booklets are available from the University of Illinois College of Agriculture, Urbana. There is a charge of 25 cents for the family accounts book and 15 cents for the wall record.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 22, 1951

April 7--High School Hospitality Day at Illinois

URBANA--The University of Illinois home economics department and the Home Economics Student Council will be hostesses to Illinois high school senior girls on April 7. The occasion is the second annual High School Hospitality Day.

Invitations have been sent to all Illinois high schools. Interested high school senior girls and a faculty member from each school are invited. The program is planned so that the girls can meet the home economics students and staff members and get a panoramic view of class activities. They will tour laboratories, classrooms, the cafeteria and the home management house.

The Home Economics Student Council has planned the day's activities from registration to the afternoon style show. Faculty members and other students are cooperating in plans for exhibits, demonstrations and tours of Bevier Hall, the center of home economics activity, and other campus buildings.

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COC:lw
3-19-51

FOR RELEASE THURSDAY, MARCH 22, 1951

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$ BEST FOOD BUYS $

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FOR WEEK OF MARCH 26, 1951

Weekly tips on plentiful
foods with suggestions
for buying and using

URBANA--Onions mean economy at vegetable counters now. Although prices of many other vegetables have soared, onion costs have stayed at a low level.

Try baking onions for the vegetable feature of your meal. Choose medium-sized sweet ones for baking. And, for good quality, select well-shaped firm onions that are dry enough to crackle, says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

To prepare them for baking, cut in half crosswise, place in a baking dish, sprinkle with salt and pepper and dot with table fat. Add enough water to cover the bottom of the dish. Cover and bake at 375° F. for about 30 minutes. Top with crumbs and bake uncovered 15 to 20 minutes longer.

Other good buys on vegetable counters are carrots, sweet potatoes, iceberg lettuce and celery.

Consider dry beans as an economical protein alternate when planning your meals. The U. S. Department of Agriculture says there are good stocks of pea beans and Great Northern beans.

If lake herring is your family's favorite fish, now is the time to serve it often. The Chicago wholesale fish market reports low levels on lake herring and good supplies of smelt.

COC:lw
3-19-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 23, 1951

Save Breakfast-Making Time on Easter Morn

URBANA--More time with the family is yours on Easter morning if you make some advance breakfast preparations on Saturday.

Extension nutritionist Grace Armstrong, University of Illinois College of Agriculture, suggests eggs á la goldenrod on toast for breakfast.

When you hard-cook eggs for the children's baskets, just add a few extras for the breakfast dish. Hard-cook them in simmering hot water for about 25 minutes. When they are cooked, dip them into cold water so that the yolks won't discolor. Peel the eggs and store them in the refrigerator. Then oven-toast thin slices of bread to make melba toast.

For the final job on Sunday morning, follow these suggestions by Miss Armstrong: Make a medium white sauce with two tablespoons each of butter and flour, one-half teaspoon of salt and one cup of milk. Add to the sauce the chopped hard-cooked egg white and about half of the yolks. Mix and pour over the melba toast.

Force the rest of the yolks through a strainer, and sprinkle them over the sauce and egg mixture. The yolks look like colorful goldenrod; that is how the dish got its name.

COC:lw
3-19-51

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FOR RELEASE FRIDAY, MARCH 23, 1951

How to Make Your Cleaning Jobs Easier

URBANA--Is the weekly or seasonal cleaning getting you down? The three "C's" can help you make your cleaning job easier. They are Collect, Conserve and Choose.

Home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture, tells how to put those three "C" helpers to work.

Collect your cleaning supplies in one place. Many homemakers keep dustcloths, waxes, and polishes in a cleaning basket which they carry from room to room. One homemaker says she finds that a shoe bag--the type that hangs on a closet door--makes a convenient cleaning apron.

Conserve your energy by planning. Make a flexible plan for cleaning each day, week or season. Don't try to crowd the main jobs into one day or several weeks in a season. And study the job to see whether you can eliminate any part of it.

Choose and use efficient tools. Make full use of each piece of equipment. Use the vacuum cleaner attachments to their fullest advantage.

Select the brushes, mops or applicator best suited to the job you have to do. Long-handled wax applicators can save energy because you won't have to bend during the waxing job. One long-handled dust mop could be reserved especially for the job of reaching the tops of doors or corners for dusting.

COC:lw
3-19-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 26, 1951

Hospitality Day Set for April 7 at University

URBANA--Both learning and fun are in store for senior high school girls who attend Hospitality Day at the University of Illinois on April 7.

On that day the girls and their teachers will be guests of the University of Illinois Home Economics Student Council and the department of home economics. The program is scheduled from 9:15 a.m. to 4 p.m. on the campus at Urbana.

Guests will be escorted on tours of classrooms and laboratories in Bevier Hall to view student demonstrations and exhibits. Through these tours they will get first-hand glimpses into the fields of foods and nutrition, clothing construction, textiles, home decoration, family housing and many other home economics subjects.

Miss Lois Crawford, president of the Home Economics Student Council, says, "Although the focus of the day's events will be on home economics, the program will also include talks on housing, students' activities and other aspects of college life. The girls will also visit the Illini Union."

A style show called "Clothes That Go to College" is designed to help the high schoolers choose wardrobes that will be especially suited for college-day activities A tea will also be given in their honor during the late afternoon.

Invitations have been sent to all Illinois high schools. Interested senior girls and a faculty member from each high school are invited.

This is the second Hospitality Day to be held at the University of Illinois. Last year girls from high schools within a 50-mile radius of the University were asked to attend.

COC:lw
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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 26, 1951

Ways to Shorten Breakfast-Getting Time

URBANA--You can start your family off with nutritious, appetizing breakfasts in "short-order" time. The trick is in advance preparation and an organized morning procedure.

It saves time and energy to store items near the point of first use, says Miss Margaret Goodyear, of the home management department, University of Illinois College of Agriculture. For instance, if the breakfast cereal, the coffee and coffee pot are close to the stove, you'll not have to gather them from many parts of the kitchen.

Some homemakers plan to have their breakfast table partly set before they leave the kitchen in the evening. Other utensils and dishes can be placed on a tray so that they'll be ready for quick table setting in the morning. The use of a tray can mean fewer steps when time is at a premium.

Division of labor can make mother's job easier and help make breakfast a happy family affair. The first one up can start fresh water boiling for coffee, cereal or eggs. It is a big help if father or older children look after the small tots for the short time mother is busy in the kitchen.

AJR:lw
3-21-51

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 27, 1951

Instruction Sheet--Helpful "Tool" for Home Sewer

URBANA---Every home sewer has a "tool" that will save her time.

That "tool" is the pattern instruction sheet, says Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture.

If every person who sews would study the instruction sheet carefully before fitting or cutting out the pattern pieces, she would find helpful information that might save considerable time, energy and material.

The recommended seam allowance is one of the most important facts given on the pattern instruction sheet. Making seams the recommended width will help to give a garment a professional look.

Cutting layouts help to make the most of the material. The layout and pattern markings act as guides for placing the pattern on the grain. This step is also important in getting a professional-looking garment.

Many women already have some favorite sewing procedures. But they may get other ideas from the instruction sheet--ideas that will help to speed their home sewing and make it easier.

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Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY MARCH 28, 1951

Cook Asparagus Short Time

URBANA--Tasty asparagus will soon be coming up in home gardens and appearing on vegetable counters. Remember, when you prepare it, to cook it only until tender to get that extra good flavor and texture.

Extension nutritionist Grace Armstrong, University of Illinois College of Agriculture, says that a short cooking time gives a colorful and flavorful vegetable. Asparagus tips require only about five minutes; the stalks should be cooked uncovered for about 15 minutes.

Some tasty ways to serve asparagus are suggested by Miss Armstrong. Stalks of asparagus in melted butter served on melba toast make a good luncheon dish. Or you can serve the asparagus with an easy-to-make cheese sauce.

To make the cheese sauce, just add grated or thinly sliced American cheese to a white sauce, and stir the sauce over very low heat until melted.

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COC:ms
3-23-51

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 29, 1951

Aprons For Your "Kneeling Chores"--Make One at Home

URBANA--An apron with padded and waterproof sections that protect the knees will make your "kneeling chores" easier. Why not make one before you start with those kneeling housecleaning tasks, or the "down-to-earth" jobs in the garden or yard?

The Bureau of Human Nutrition and Home Economics, United States Department of Agriculture has designed two such aprons and furnished directions for making them.

One of the aprons consists of two free-hanging panels. Each panel is held in place by fastenings behind the knees so that from the front it looks like a pair of knickers. This knicker apron is comfortable for jobs that combine kneeling with active work.

The other apron is designed with a reversible pouch arrangement across the bottom. When folded up, the pouch forms a pocket for carrying small tools or other items. When you want to kneel, simply unbutton the pocket and turn it inside out and over the knees. When lined with washable and waterproof plastic, the kneeling pocket is excellent for protecting the knees from soil and dampness.

You may get your copy of the illustrated folder, "Aprons for Kneeling Jobs--Indoors and Out," by writing to the University of Illinois College of Agriculture, Urbana.

AJR:ms
3-26-51

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FOR RELEASE THURSDAY, MARCH 29, 1951

Prevent Falls in Your Home--Here's How

URBANA--Weekly or seasonal housecleaning time is a good time to check your home for safety.

Mrs. Ruth C. Freeman, coordinator of the Illinois Safe-Homes program, University of Illinois department of home economics, suggests taking steps to prevent falls, the number one accident killer.

Check the handrails on stairways to see that they are secure. Be sure that halls and stairways are well lighted.

Remove those small scatter rugs from the top and bottom of stairways. If you want to use them in any other part of the house, be sure they are skid-proof.

If you have small children, you will need to take extra precautions. Provide a gate at the top and bottom of stairs. Hook screens securely so that the children won't fall out the window if they push against the screen.

Do as much as you can to prevent accidents in your home. More safety practices to prevent falls and burns are included on a check sheet, "Home Hazards to Check and Correct." It's available from the University of Illinois College of Agriculture, Urbana.

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COC:ms
3-26-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 30, 1951

Penetrating Floor Seal Gives Durable Finish

URBANA--If you're refinishing floors this spring or looking for an easy-to-care-for and durable finish for new floors, try a penetrating floor seal.

Home furnishings specialist Dorothy Iwig, University of Illinois College of Agriculture, says that this finish gives good service because it becomes a part of the flooring. It doesn't form merely a surface coating, as do some of the more common finishes.

One coat of seal is sometimes sufficient. Be sure to follow the manufacturer's directions for applying the seal. Remember that, in most cases, you don't need a filler; the seal serves as both filler and finish.

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Piano keys tend to turn yellow if you clean them with water. Instead, rub them with a soft cloth moistened with denatured or wood alcohol. Be careful not to spill alcohol on the wood finish, because it will leave a stain. Remember, too, that denatured or wood alcohol is poisonous.

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AJR:ms
3-26-51

FOR RELEASE FRIDAY, MARCH 30, 1951

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$ BEST FOOD BUYS $

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FOR WEEK OF APRIL 2, 1951

Weekly tips on plentiful
foods with suggestions
for buying and using.

URBANA--Broilers, fryers, and eggs are three April plentiful foods.

Broiler producers expect to have many birds ready to market in April, according to a report from the U.S.Department of Agriculture. Prices are expected to be relatively low.

For broiling, choose a chicken that weighs between one and two pounds dressed. Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture has this tip for successful broiling:

Place the chicken in the pre-heated broiling compartment so the top of it is at least four inches from the source of heat. Turn every 10 to 15 minutes and brush with fat until the chicken is thoroughly broiled. It takes between 30 and 50 minutes.

The plentiful April fruit is apples. The Department of Agriculture says that at the first of March, there were seven million bushels more apples than a year ago at the same time.

Supplies of lettuce are expected to be heavy enough during April to keep prices fairly reasonable. Serve it often in tasty spring salads.

COC:ms
3-26-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 31, 1951

Make Many Dressings From Basic Recipe

URBANA--You won't tire of a basic salad dressing if you use it in a variety of ways.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says that the simple addition of a food or flavoring to your favorite French dressing recipe will make it extra-tasty and suitable to the salad. She suggests these easy-to-make variations.

Try adding one grated hard-cooked egg to one cup of French dressing. This egg dressing is especially good for green salads. Or make a cheese dressing by adding one-half cup grated cheese to one cup of French dressing. It will enhance the flavor of a mixed vegetable or cooked fruit salad and a plain lettuce salad.

Fresh fruit salads will have a new flavor if you serve them with honey French dressing. Just add two tablespoons honey to one cup French dressing. A horseradish dressing is tasty on a meat salad or vegetable. To make it, add one-fourth cup grated horseradish to one cup dressing.

Another way to add variety to French dressing is to flavor it with herbs or other seasonings that are family favorites.

COC:lw
3-28-51

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 2, 1951

Make Soap Jelly Cleaner at Home--Here's How

URBANA--You can keep weekly and seasonal cleaning costs down by making some of the cleaners at home.

A University of Illinois College of Agriculture circular, "Household Care and Cleaning," gives recipes for making cleaners and finishers and also directions for cleaning many household items.

One recipe is for soap jelly, a cleaner suitable for use on painted rough and smooth plaster walls and canvas, oilcloth and linoleum walls. It's also a good cleaner for washable wallpaper and window shades and fabric upholstery.

Make the soap jelly by pouring one cup of hot water over two cups of mild soap flakes and beating to a jelly with a rotary egg beater. To use, apply the jelly to the soiled surface with a damp sponge or cloth, clean a small area at a time. Rinse thoroughly with a sponge or cloth wrung out of clear soft water.

Copies of "Household Care and Cleaning" are available on request from the Illinois College of Agriculture, Urbana.

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COC:lw
3-28-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 3, 1951

Student Council Plans Hospitality Day April 7

URBANA--High school senior girls who attend Hospitality Day at the University of Illinois on April 7 can expect to have many of their questions about college life and the University answered.

Why? Because the group that is planning the day--the "Home Economics Student Council"--has as members students who are aware of what high school girls want to know.

This second annual Hospitality Day is designed to acquaint high school girls with opportunities in home economics and with the University.

The Home Economics Student Council was organized over one year ago to act as the group to help interpret the needs of home economics students to faculty members and the head of that department.

Nine girls are on the council: one from each class, a freshman, sophomore, junior and senior; the presidents of three home economics organizations: Omicron Nu, Phi Upsilon Omicron and the Isabel Bevier Home Economics club; and two students from the previous year's membership.

(more)

At present all members of the council are Illinois girls. They are: President, Lois Crawford, New Windsor; Dorothy Giese, Peru; Carol Fries, New Athens; Patricia Forbes, Pontiac; Justine Ebert, Valmeyer; Marilyn Womeldorff, Wheaton; Rosemary Archibald, Joliet: Barbara Murphy, Carthage; and Caryl Towsley, Naperville.

Dr. Janice M. Smith, head of the department of home economics, and Mrs. Carolyn W. Green, graduate assistant in home economics, act as faculty advisors.

The council, with the cooperation of the home economics faculty and home economics students, has planned exhibits, tours and demonstrations for the day's events. Highlight of the program is the style show, "Clothes That Go to College." Invitations have been sent to all Illinois high schools. Senior girls and a faculty member from each school are invited.

Another activity which the council sponsored for high school girls was the Public Relations Project Visits which were made to high schools during the between-semester vacation in February.

Seventeen home economics students visited high schools in 19 counties to acquaint the girls with opportunities for women at the University and in the home economics department.

COC:ms
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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 4, 1951

Attach Lace the Sewing Machine Way

URBANA--Use the sewing machine to attach lace to those spring or summer dresses and blouses. It saves a considerable amount of time and gives a neat and strong finish.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, says that a fine thread, small machine stitches and straight stitching are necessary in order to do a good job.

Attach lace to the edge of a collar or cuffs by stitching the right side of the lace to the right side of cloth about one-eight inch from the unfinished edge.

Then turn the raw edge of the material back and stitch again. Trim the surplus seam on the wrong side, and press well. Overcast the raw edge if the material ravels.

Attaching lace insertion the sewing machine way is easy to do. It also speeds the home sewing job. Baste the lace insertion on the material in the desired position.

Then stitch the insertion in place. Trim the fabric from the back of the insertion between the stitching on each side of it to one-eighth inch. Turn the edges of the material back, and stitch them to the fabric as close to the outer edge of the insertion as possible.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 5, 1951

Choose Fabrics for Their Service Qualities

URBANA--Before you buy summer fabrics, check their labels for qualities that assure long and satisfactory service.

Labels should tell whether colors will fade with washing, sunlight and perspiration. In addition, materials should be labeled so that you can guard against excessive shrinkage. The fit of the garment will be lost in washing if the material shrinks more than 1 or 2 percent.

Clothing specialists of the University of Illinois College of Agriculture tell us that smooth-finished materials don't collect dirt so readily as rough ones. Also, prints with colored backgrounds or all-over patterns don't show dirt or wrinkles so readily as do materials with white backgrounds or spaced patterns.

For greater comfort in hot weather, and to keep down the amount of laundry, consider medium-weight cottons for dresses that can be worn around home without a slip.

Wrinkle-resistant finishes can cut down the upkeep of better cotton, linen or rayon fabrics; while cottons with permanently crisp finishes don't have to be starched.

AJR:ms
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FOR RELEASE THURSDAY, APRIL 5, 1951

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$ BEST FOOD BUYS $

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FOR WEEK OF APRIL 9, 1951

Weekly tips on plentiful foods, with suggestions for buying and using.

URBANA--Two protein foods that can help cut meat costs are plentiful during April. They are frozen fish and dry beans, according to a report from the U.S. Department of Agriculture.

Fillets of haddock and cod are particularly plentiful. The fillets are good buys, too, because there is no waste. They are boneless solid pieces cut from the sides of the fish. Cook the fish at a low temperature and for a short time to keep it moist and tender.

Cottage cheese supplies are also expected to be heavy during April. Foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture, says that cottage cheese is also an inexpensive source of protein. Serve it occasionally as a meat alternate. Remember when serving it as an alternate to provide other sources of iron and B vitamins, such as green vegetables, molasses cookies or prunes.

Serve cottage cheese in a salad by adding it after the dressing and tossing the salad lightly. Another tasty way to serve it is in sandwiches. Just combine two-thirds cup cottage cheese with one-third cup diced dill pickles and one-third coarse-grind peanut butter. Spread generously on bread.

OC:ms
4-2-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 6, 1951

Save Food Money by Planning

URBANA--Planned meals and planned buying are two ways to keep food costs down. These steps also help to give your family the food they need each day.

Foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture recommends the basic-seven food groups as a helpful planning guide.

Plan your meals ahead, keeping in mind your family needs, Miss Acker says. Be sure to include the basic-seven groups in each day's meals. Use this plan as a guide for your shopping.

For thrift, plan meals which also include plentiful foods. Another way to stretch the food dollar is to buy foods according to the way you're going to use them.

For example, if you're going to use canned fruit in a mixed salad, you can buy a quality that has unevenly sized pieces. But if you're going to serve it as a dessert or breakfast dish, you will probably need the uniform whole fruit.

No matter what quality of canned food you buy, the nutritive value is the same. The difference is mainly in uniformity of size and appearance.

COC:ms
4-2-51

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 7, 1951

Prepare Eggs With Tomatoes in Broiler

URBANA--While egg supplies are good, try a tasty egg and tomato dish that's prepared in the broiler.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says that broiler meals take little time and preparation. She recommends slow, moderate temperature for broiling. You can regulate the temperature by the distance the food is placed from the source of heat or the heat control.

Here are directions for preparing eggs in tomato cups: Just cut a thin slice from the top of each tomato and scoop out the seeds and pulp. Butter and season with salt and pepper the inside of the tomatoes.

Drop an egg into each tomato cup. Season and dot with butter. Place on the broiler rack so that the tops of the tomatoes are about three inches from the heat. Broil until the eggs are firm. Sprinkle the eggs with grated cheese, and continue broiling until the cheese is melted.

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COC:lw
4-4-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 9, 1951

National Week Recognizes Home Advisers, Homemakers

URBANA--The sixth National Home Demonstration Week will be held from April 29 to May 5.

This week gives special recognition to the work of the home economics extension clubs throughout the United States, Hawaii and Puerto Rico. Its theme is "Today's Home Builds Tomorrow's World."

Illinois home advisers and homemakers who serve as local leaders will be recognized for their achievements in the home economics extension program. Their work is focused on reaching homemakers throughout the state--in rural areas, villages and cities. During 1950, more than 36,000 Illinois homemakers served as local leaders for the adult home economics extension program.

A million and a quarter homemakers in the United States, Hawaii and Puerto Rico participated in the home demonstration programs last year. One-third of these homemakers live in villages and cities. About 57,500 clubs hold regular meetings to study and to acquire skill in homemaking.

COC:ms
4-4-51

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 10, 1951

Film Strip to Be Made on "How to Make a Little Girl's Dress"

URBANA--Jackson county, Illinois, has been selected by the U.S.D.A. as the spot for making a film strip on "How to Make a Little Girl's Dress." Step-by-step construction will be photographed and the film, together with suggestions for using, will be made available to other states for use in their clothing programs.

Alice Linn, clothing specialist, and George Pace, in charge of visual aids, Extension Service, Department of Agriculture, are working with Edna Gray and Fern Carl, University of Illinois clothing specialist, in setting up the studies for the pictures.

Jeannette Dean,county home adviser, is in charge of local arrangements. Mrs. William McKee, president of the county home bureau, has offered her home as the studio for the work.

Mrs. C. W. Anderson, local leader for the Murphysboro Day Unit, has been selected to pose for the pictures. She is the mother of four children--three daughters and one son.

In discussing the work on children's clothing, Mrs. Anderson mentioned that she had done very little sewing until she enrolled in the project. Now she makes blouses, petticoats and pajamas as well as dresses for her daugthers.

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According to Miss Linn, Illinois was selected because of the success in developing and carrying out the project and the outstanding work which has been done by local leaders. The project has been in progress for more than two years, giving sufficient time to evaluate the work.

All of the women serving as local leaders were mothers of children not more than 10 or 12 years of age. This requirement was set up, according to Miss Gray, director of the project, so that the leaders would have first-hand knowledge of the problems in making clothing for children.

Miss Gray believes that there has been considerable carry-over of information and "know how" gained from making girls' clothing to that for boys. She is of the opinion that the project points the way to the beginning of the solution of some of the problems mothers have in clothing their children.

JEH:lw
4-6-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 11, 1951

A Tip for Sewing Those Summer Blouses

URBANA--Sewing the shoulder seams of those spring and summer blouses presents a special problem.

Perhaps you've noticed that the back seam line of the shoulder is longer than the front seam line. It is made this way to give ease across the back of the blouse.

Miss Thelma Long, clothing specialist, University of Illinois College of Agriculture, says that the extra material should be eased in--not cut off.

To ease the extra material in, pin the shoulder at the seam lines with the beginning and ending matched. Keep the side which is to be eased uppermost and the short side underneath.

Ease the material in, placing pins at right angles to the seam line. Machine baste, if necessary. Then stitch the final seam. When opened, the seam will not be irregular at the neck and the armscye.

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COC:lw
4-6-51

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 12, 1951

Protect Wool Clothing Against Moths

URBANA--The first step in protecting wool clothing against moths is to store it clean.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, emphasizes this step as she recommends storing those winter woolens carefully so that they won't make good eating for the clothes moths.

Before storing, send your clothes to a dry cleaner. The dry cleaning kills moths and destroys eggs and larvae. When the clothes are returned from the dry cleaners, be sure to store them right away. Don't give the moths a chance to get into them again.

Seal the clothing in paper bags or boxes to store in trunks, chests or tight closets. Or you might use paper or plastic garment bags.

As an extra precaution, use flake napthalene, moth balls or paradichlorobenzene. You can buy these inexpensive crystals or balls by the bulk. Tie them in a cloth sack and hang them high in the garment bag or the closet. Or you can sprinkle them in the trunk or chest; they will not harm fabrics.

COC:lw
4-9-51

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FOR RELEASE THURSDAY, APRIL 12, 1951

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$ BEST FOOD BUYS $

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FOR WEEK OF APRIL 16, 1951

Weekly tips on plentiful
foods, with suggestions
for buying and using

URBANA--If you're going to buy some of the plentiful supply of apples for your April meals, select according to the way you're going to use them.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says that certain varieties are better for cooking and others for baking or for eating out of hand. Get your money's worth by choosing according to use.

Rome Beauty apples are good for cooking, and especially for baking. McIntosh and Stayman are good bakers and dessert apples. Delicious apples are tops for eating out of hand and for salads. Winesaps are good all-purpose apples.

To stretch the food dollar, serve fish occasionally as a substitute for red meat. Yellow pike, smelt, lake herring, perch and carp are the good buys on the fish counters. Among salt water plentifuls this week are ocean perch and haddock and fillets of these fish.

Check supplies and prices of oysters and shrimp at your local markets. The wholesale market reports a good supply and relatively favorable prices.

COC:lw
4-9-51

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 14, 1951

Cake Toppings---Easy-to-Make

URBANA--Use a quick and easy-to-make topping for layer cakes or cupcakes. Just spread the topping on the unbaked cake batter or on a baked cake.

Foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture, has several suggestions for tasty toppings.

One is a spicy nut topping. To make it, mix one-fourth cup brown sugar (firmly packed) with one-half cup sifted all-purpose flour and one-half teaspoon cinnamon. Add three-fourths cup chopped nuts and one-eighth teaspoon salt. Spread on top of cake batter, and bake as usual. This frosting is especially good on chocolate cake.

A honey-nut topping should be spread on top of a hot baked cake. Blend together one cup chopped nuts and two-thirds cup honey and spread on top of the cake. Toast in a hot oven--425 F.--for eight to 10 minutes.

The bulletin, "Good Cakes Every Time," has recipes for more toppings and cakes. It is available on request from the University of Illinois College of Agriculture, Urbana.

COC:ms
4-11-51

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FOR RELEASE MONDAY, APRIL 16, 1951

Containers for Freezing Should Seal Tightly

URBANA--You waste food, time and money if you wrap food for freezing in materials that fail to protect it properly. Ordinary paper or cartons are not suited for the job.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says that containers and wrappers for frozen foods must be moisture-vapor-proof. They should seal tightly and should not leak.

Many types of containers are available. Among them are cartons with inner linings of pliofilm, parchment, plastic or cellophane: waxed cartons; plastic containers; glass jars intended for freezing; and tin cans. The containers come in round or rectangular shapes.

No one type of container is ideal, reminds Miss Cook. She recommends that homemakers consider space, ease of handling and price when choosing containers for freezing.

If freezing space is limited, you'll want to use rectangular cartons rather than round ones. Ease of handling is important. Round cartons are usually easier to fill and close than rectangular ones. Tin cans are hard to handle when cold.

When thinking of price, in addition to original cost be sure to consider whether part or all of the container can be used again. Waxed cartons should not be reused, but plastic or pliofilm bags can be used again.

COC:ms
4-11-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 17, 1951

Spring Cleaning--"Too Much Work at Once"

URBANA--The spring cleaning "spree" that many homemakers go on each year is often an energy-waster.

That's the opinion of home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture. Major cleaning jobs should be done regularly; they should be spaced throughout the year rather than concentrated in two or three weeks during the spring season.

Many times, says Miss Sullivan, a major cleaning job can serve as part of the necessary weekly cleaning. For example, waxing the floor or cleaning the woodwork can serve two purposes: It can be a part of your seasonal cleaning plan, and at the same time it serves as the weekly "house brightener."

Another example: When you store winter clothes, it's a good time to rearrange your closet or set up a storage system by labeling boxes and keeping a record of items in the closet. Dovetailing these jobs saves a lot of time and energy--something every homemaker wants to do.

COC:lw
4-13-51

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 18, 1951

Alternate Pads on Automatic Ironer

URBANA--Two pads for your automatic ironer may make your ironing easier and also give better results.

Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture, says that alternating the pads gives one a chance to get fluffy and "spongy" again while the other is in use.

A fluffy pad will absorb moisture more quickly than one that's matted together. A resilient pad also means easier ironing and good results. These good results will encourage you to use your automatic ironer for everything--not just flat pieces.

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To Clean Leather Upholstery, use saddle soap on a dampened sponge or a soft cloth. Cover only a small area at a time, rinsing with a cloth or sponge wrung dry out of clear lukewarm water. Polish the surface with a dry soft cloth.

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COC:lw
4-13-51

FOR RELEASE WEDNESDAY, APRIL 18, 1951

Nylon Calls for Long Stitch, Fine Needle

URBANA--Nylon fabrics are easy to sew. Fine thread and needles, plus loose stitches and loose tensions, will give long wearing, unpuckered seams.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, recommends that nylon thread be used when sewing nylon fabrics. Although different kinds of thread can be used, the nylon is more durable, quick drying and shrink-proof.

Small, sharp pins and fine needles penetrate tough nylon easily and give better results in basting.

Long machine stitches--as few as seven to the inch--and a loose tension usually result in better seams. Nylon's strength allows the large stitch to be used.

It is important to test the stitching on all nylon fabrics before starting permanent seams. Test on the straight of a doubled piece of material, lengthening the stitches and adjusting the tensions until well-formed but loose stitches are made.

Using ordinary shelf paper or tissue under the material often gives smoother seams when sewing sheer and tightly woven nylon fabrics.

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AJR:lw
4-13-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 19, 1951

Redecorating Job Needs Planning

URBANA--Begin your redecorating job by taking stock of your rooms. Then make your plan, being sure to keep in mind the total effect you want to achieve.

Miss Kathryn Weesner, home furnishings specialist, University of Illinois College of Agriculture, says that a plan for your redecorating job pays off in enjoyment and in a saving of time, energy and money.

One step in making your plan is to consider the size and shape of the rooms. Different-shaped rooms need special treatments. For example, to make a long, narrow room appear shorter and wider, you can paint the side walls a light shade and the end walls a darker color.

Next, choose the colors for your rooms. Try to plan a combination that harmonizes from room to room. Selecting a unified color scheme will do a lot to visually "hold" the old and new furnishings together.

Decide what furniture you'll keep and what new pieces you'll buy. You may want to bring the old furnishings up to date by removing frilly decorations and refinishing or painting them. New slip covers are good for adding color.

COC:lw
4-16-51

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FOR RELEASE THURSDAY, APRIL 19, 1951

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$ BEST FOOD BUYS $

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FOR WEEK OF APRIL 23, 1951

Weekly tips on plentiful
foods with suggestions
for buying and using.

URBANA--Plentiful egg supplies probably mean that there will be more eggs in your weekly market bag. Be sure to store them under the right conditions. And cook them right.

Store eggs in the refrigerator in a covered bowl or pan--away from strong-smelling foods. Eggs with clean shells keep best. Wipe off soiled spots with a damp cloth. Don't wash them until just before you use them. Washing removes the protective film known as the "bloom" which seals the pores and keeps out bacteria and odors.

Proper cooking calls for a low to moderate temperature, says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture. High cooking temperatures make eggs tough and leathery.

Another protein food in good supply is fish--both fresh and frozen. It can help to stretch your meat dollar, as well as add flavor to your meals. Best buy on the Chicago wholesale market is native yellow perch.

Good buys on the vegetable counters are cabbage, snap beans, topped and washed carrots and miscellaneous greens, such as turnip tops and kale.

COC:lw
4-16-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 20, 1951

A Guide for Fitting Garments--Rows of Stitching

URBANA--Rows of stitching on the skirt, blouse and sleeves of a garment make the fitting job an easy one.

A University of Illinois clothing specialist, Thelma Long, recommends marking the lengthwise and crosswise threads of the garment pieces after the pattern is removed. Make the rows with hand stitching or machine basting.

These rows of stitching help you to see at a glance whether all lines of the weave are either parallel or perpendicular to the floor. This point is a "must," Miss Long says, if a garment is to fit correctly. If the basting lines are in the correct position, you will not need to refit or adjust the garment as far as the grain is concerned.

An improper fit due to figure irregularities is especially obvious when you have a basting line marking the crosswise and lengthwise grains. For example, if the center front or back of the skirt is slanting to the right or left--rather than being perpendicular to the floor--the cause may be that one hip is higher or larger than the other.

Perhaps the crosswise marking on the back of a skirt curves down when it should be parallel to the floor. A sway back is usually the cause. The uneven lines of stitching are signals for a refitting job.

COC:lw
4-16-51

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Prospective Illini Visit Home Economics Department

URBANA--Senior high school girls got an inside glimpse of the life of a University of Illinois home economics student on Saturday, April 7. They came to the campus from all over the state, with teachers, mothers or friends, to be guests of the home economics faculty and students.

The occasion was the second annual High School Hospitality Day, planned by the Home Economics Student Council to acquaint girls with the University and the opportunities in home economics.

The 90 guests were taken on tours of the classrooms, where they saw the home economics students demonstrate laboratory equipment and also saw exhibits planned by the students and faculty.

Mothers and daughters alike listened carefully as guides explained the home economics students' work in each laboratory or classroom. Here they saw proof of the statement made by Dr. Janice M. Smith, head of the department, that "home economics trains for careers in and out of the home." Home economists are in great demand, Dr. Smith told them. Each year the department receives requests for three times as many people as it can provide.

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This visit to the home economics building and the University campus was the first for many of the high schoolers. An Urbana student, Betty Snider, said that it was her first chance to see the home economics building. Her tour of the home management house was one highlight of the day, she explained, and she thought living there would be fun. The home management house is the laboratory where students put their home economics training into practice during their senior year.

Alice Price, Galesburg, traveled to Urbana with her mother, Mrs. Walter E. Price, for the day's events. Mrs. Price found that the laboratories--especially the foods laboratory--had many features of interest to her as well as to her daughter--a prospective student.

An institution management class planned, prepared and served the luncheon in the Bevier Hall cafeteria. The guests were entertained with songs by Dave and Don Heneberry, University students from Dalton City.

"Wardrobe Diary" was the style show designed to help the high schoolers choose a wardrobe that would be suitable for many college activities. The home economics students modeled clothing from their own wardrobes; some of it was designed and made by the students.

For the first time, this year invitations to Hospitality Day were extended to high schools throughout Illinois. Last year high schools within a 50-mile radius of the University were invited.

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COC:jw
4-9-51

FOR RELEASE FRIDAY, APRIL 13, 1951

Add Sparkle to Jackets, Coats With Colored Linings

URBANA--It's easy and inexpensive to perk up last summer's coat, bolero or suit jacket when you brighten the sleeves with a gay new lining.

Clothing specialist Susanna Colton, University of Illinois College of Agriculture, has some special tips for relining coat sleeves to bring them into step with current fashions.

The season's most eye-catching detail is the rolled back sleeve. If the sleeve lining is of a gaily colored material, it will make an attractive cuff when turned to the outside. Such a lining should come right to the edge of the sleeve. When you reline such a sleeve, Miss Colton suggests cutting the lining a bit longer than the pattern indicates. Then tack it securely to the very edge of the sleeve.

Another way to add color to a sleeve lining is to cut a two- or three-inch slit from the edge of the sleeve at the seam, and bring the lining close to the slit edge. The bright fabric will show when you move your arms.

Or cut the slit in the sleeve on the side opposite the seam, and face the opening with the sleeve fabric. Then slit the colored lining at the same point and sew a fine row of stitching around the lining opening, as close to the edge as possible.

Fold the lining edge at the slit about one-eighth to one-fourth inch. Tack it securely but invisibly to the sleeve opening.

COC:lw
4-9-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 21, 1951

Plastic Materials Need Careful Sewing

URBANA--The next time you sew plastic materials, remember that you may need to make special adjustments on your sewing machine.

Textiles and clothing specialist Florence King, University of Illinois College of Agriculture, has the following suggestions:

Use a fine sewing machine needle--size 11 is preferred. Adjust the stitch regulator to make long stitches, about 7 or 8 to an inch. Use a loose tension. These precautions keep you from getting a row of big holes that would weaken the plastic and make it tear easily.

The pressure on the presser foot should be light enough to allow the material to feed through smoothly without leaving an imprint of the feed on the seam line. When the pressure is properly adjusted, the material will move through with little assistance, requiring no pulling or pushing. Be sure to sew slowly.

Mercerized cotton thread is recommended for sewing plastics. Fasten the threads by tying the ends. Backstitching to fasten tends to cut the fabric.

Use chalk to make pattern markings on plastic materials. Paper clips or Scotch tape can be used for "basting." Tailor's tacks, pins and basting leave holes in plastic and should not be used.

AJR:lw
4-18-51

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 21, 1951

Care for Washing Machine Regularly

URBANA--Regular care of your washing machine will lengthen its life and help it give good service.

Whether your washer is old or new, read the directions that came with it. Different machines require special care. Reread the directions occasionally to be sure you are following the special instructions for its use and care.

Home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture, calls special attention to the manufacturer's directions for oiling. Some machines are permanently lubricated at the factory. Others need to be oiled occasionally according to directions.

Learn from the manufacturer's directions when, where and how much to oil and what kind of oil to use. Too much oil, or the wrong kind, is just as harmful as too little.

Take care not to spill oil on any rubber parts; it damages rubber. Remove it at once with soap and water if it gets on rubber. Then rinse in clear water and dry with a soft cloth.

COC:lw
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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 24, 1951

Tips for Choosing Slip Covers or Their Materials

URBANA--Look for firmly woven materials when choosing slip covers or yard goods for covers. Avoid too-heavy materials; they aren't suitable because the seams will be so bulky that the covers won't fit smoothly.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, also recommends getting preshrunk fabrics. Or you can shrink washable materials before cutting them, she says.

These points are important because the beauty of slip covers depends largely on good fit. And haphazard allowance for shrinkage is never reliable.

Whether you choose plain or patterned material will depend on the size of the furniture you are covering and the kind and size of room in which you will use it. The color, pattern and texture of materials used in other furnishings should also be considered.

For example, plain or small-patterned fabrics are good for small rooms. Large rooms and large pieces of furniture need materials that are rich in color and sturdy in construction.

COC:lw
4-20-51

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 25, 1951

No-Rinse Detergents Tested at Illinois

URBANA--Washing clothes without rinsing may save time and water, but the effect on the "feel" and looks of the material is an outweighing disadvantage.

Grayness and a sticky--almost gummy--"feel" were evident when sample materials were washed and not rinsed. These are results of an experiment conducted by the University of Illinois department of home economics under the direction of Miss Florence King, textiles and clothing expert.

Samples of four different materials were washed 52 times--comparable to a washing each week for a year--with four synthetic detergents and a true soap. Two of the synthetic detergents were the no-rinse type; they were tested both ways--rinsed and not rinsed.

The four materials tested were white Indianhead, ecru terry cloth, printed cotton and yarn-dyed gingham. Samples six inches square with a half-inch fringe were used. Washing time was 10 minutes; samples were rinsed three times for two minutes each. Soft water at a temperature of 125° F. was used for both.

(MORE)

After the 52 washings, all of the gingham appeared less bright than the original. Prints had faded and were dull; those not rinsed were dingy.

Dirt was added to the samples after the twenty-fourth washing. The terry cloth and Indianhead samples that were washed and not rinsed had much of the dirt remaining in the material. All samples showed evidence of lack of rinsing. Indianhead samples washed with detergents and rinsed appeared quite gray. Samples washed in soap and rinsed were cleanest and whitest.

A rough "feel" was the result in all samples which were not rinsed. The remaining detergent could be felt in them. The terry cloth had a sticky feeling; some of the others felt gummy. Detergent was visible on the surfaces of the dark pieces, and the white pieces became gray.

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for dailies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

RELEASE ON RECEIPT

Fabric Design Removed by Washing--Tests Indicate

Check the design or pattern of a fabric before you buy it, advises Miss Florence King, textile and clothing specialist, University of Illinois College of Agriculture. Some methods are being used to apply design to fabrics that are not satisfactory.

Miss King's statement comes as the result of tests made on fabrics selected from the retail market. Pastel organdies with a design or pattern and labeled "permanent finish" were purchased for a problems course in textile testing.

The fabric was good quality from the standpoint of cloth-count and color. Judged on eye appeal only, the organdy would have been a happy choice for graduation dresses, bridesmaids' dresses or summer formals. However, after one careful washing most of the design had vanished, as had all of the original crispness of the material.

The process which was used in applying the design to the fabric is known as the electrostatic process for attaching fibers. According to Miss King, we can determine whether or not this process has been used before we buy the material.

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An easy test is to rub the finger lightly over the design on the right side of the material. Portions of the design will feel like velvet.

Miss King reminds consumers that there are organdies on the market which will hold their design and crispness through repeated launderings and dry cleanings and will give good service. Printed organdies, for example, are satisfactory from the standpoint of design, and they are easy to identify. The design is almost as clear or distinct on the wrong side of the material as on the right.

The best assurance that a finish is permanent or that a fabric will hold its crispness is to launder a sample. Miss King points out that to date standards have not been set for the term "permanent finish." Until standards have been set, we have no assurance of the performance of a fabric carrying the label.

JEH:lw
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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 26, 1951

County Women Receive Recognition April 29-May 5

URBANA--National Home Demonstration Week, April 29 to May 5, means special recognition for leadership in improving homemaking. The recognition goes to women who are active in the county home economics extension program. The theme for the week, "Today's Home Builds Tomorrow's World," expresses the importance of their contribution.

Women in the county plan their own program under the guidance of University of Illinois home economics extension specialists--state leaders and the county home adviser. And, because the women plan the program, they find that their individual or group problems and questions are answered during the year.

One of the subjects which was written into the programs for 94 counties during 1950 was home furnishings. Families wanted to learn how to make the most of their furnishings dollar. They studied refinishing furniture, slip covering, window treatment, flower arrangement, lighting, room arrangement and other subjects. Home advisers, local leaders and other specialists conducted 6,887 meetings which were attended by 48,778 homemakers. Many other subjects important to homemaking and community and family life are included in the county programs.

COC:lw
4-23-51

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FOR RELEASE THURSDAY, APRIL 26, 1951

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$ BEST FOOD BUYS $

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FOR WEEK OF APRIL 30, 1951

Weekly tips on plentiful
foods, with suggestions
for buying and using.

URBANA--Check the supply and prices of broilers and fryers at your local markets. They may be an economical buy for your May meals.

The U. S. Department of Agriculture reports that broilers are going to market in near-record numbers now. And fryers are also in good supply.

Look for quality when choosing potatoes. Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says that sound, smooth, shallow-eyed and reasonably clean potatoes are usually of good quality. Avoid wilted, leathery potatoes or those with green spots.

Supplies of frozen vegetables were 23 million pounds greater the beginning of April than a year ago: total supply was 293 million pounds. Broccoli, cauliflower and spinach are in especially good supply. For economy, compare the prices of fresh and frozen vegetables before buying.

Lettuce supplies are expected to be tops in May. It's the peak month for shipments from California coastal producing areas. Choose crisp, fresh and fairly firm-to-the-hand heads of lettuce.

COC:lw
4-23-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 27, 1951

Specialist Says Equipment for Preservation Ample

URBANA--You may need to make a few changes in the type of material you use for home food preservation this season. Certain supplies are plentiful; others are limited.

In general, the supply of equipment is ample, though slightly decreased, says Miss Geraldine Acker, University of Illinois College of Agriculture.

At present there is a good supply of papers and cartons for freezing. However, pliofilm and polyethylene fillers, commonly used with the square containers, are limited. You should determine how you can use your supply to best advantage. This applies especially to any supply of aluminum foil which you may have on hand.

For canning, glass jars will be in ample supply. And there will be about the same number of lids and jar rings this year as last.

You may find it difficult to get tin cans for food preservation. However, special allotments have been made to community canning centers.

COC:lw
4-23-51

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 28, 1951

Extension Clothing Program Reaches All Illinois Counties

URBANA--National Home Demonstration Week, April 29 to May 5, honors Illinois homemakers and home advisers for their work in the home economics extension program.

One phase of the program is clothing. Interest in the different aspects of clothing is state-wide, because clothing the family is one of the homemakers' never-ending problems. Choosing or making the family wardrobe and keeping it clean or mending it presents a constant challenge to every woman.

Over 20,000 girls were organized in 4-H clothing Clubs in every Illinois county last year. And women in 97 counties learned ways to be better dressed and to save money on clothing. Many, finding time at a premium, studied methods of sewing used in factory and custom dressmaking. They wanted to adopt those of most use in order to produce clothing for the family more quickly and efficiently.

While these homemakers learned ways to save time and money through home sewing, they did not forget the importance of being becomingly dressed themselves. Women in many counties studied their figure problems and considered ways to camouflage figure defects through clever use of fabric, line and color.

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Home advisers' reports show that women in over 40,000 families studied methods of improving their wardrobe selection, that over 36,000 families benefited from study of clothing construction methods used in mass production and that 21,000 families asked for and received advice on methods of caring for and remodeling clothing.

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JOC:lw

How to Prepare Eggs for Freezing

URBANA--Store eggs in your freezer while supplies are plentiful and prices comparatively moderate.

Start with clean, fresh, high-quality eggs. Foods and nutrition research specialist Frances O. VanDuyne, University of Illinois College of Agriculture makes these suggestions:

Break egg yolks before they are frozen. or they will become tough and leathery. Whether you are preparing to freeze yolks separately, or mix them with the whites, stir them slightly with a fork, being careful not to whip in air.

Mix one tablespoon sugar, corn syrup or honey with two cups of egg yolks (or a mixture of yolks and whites) so that they won't be thick and gummy upon thawing. Salt (one teaspoon per cup of yolks) may be substituted if the eggs will be used for mayonnaise.

Egg whites frozen alone need no treatment.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 30, 1951

Try Your Hand at Flower Arrangements

URBANA--Attractive flower arrangements are easy to make after a few practice tries.

Miss Joda McGaughey, home furnishings specialist, University of Illinois College of Agriculture, says that you should try to create a center of interest in the arrangement. Emphasize mass, color or line, according to the characteristics of the flowers. Mass is the size or weight of the arrangement; line is the shape or form of leaves or flowers.

Keep the heavy part of the centerpiece low; the lighter parts--slender leaves or flowers--should reach out. Arrange the flowers so that there is a pleasant harmony between them. Your eye should move smoothly from one flower or leaf to the next.

Use only one, two or three different kinds of flowers. Too many types "clutter" the arrangement. Add interest by using a variety of shapes in one kind of flower, suggests Miss McGaughey. For example, you could use tulips that are fully opened, some that are partly in bloom and the buds.

The bulletin, "Flower Arrangement," is available from the University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 1, 1951

Salad Uses Two Plentiful Foods

URBANA--A tasty egg, cheese and tomato salad is in order for May meals. The U. S. Department of Agriculture reports heavy supplies of cottage cheese and predicts high egg production this month.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, suggests this recipe in which she uses herbs to add extra flavor to the salad.

EGG, CHEESE AND TOMATO SALAD
(4 servings)

1 cup cottage cheese
6 shelled hard-cooked eggs, chopped
1½ teaspoons salt
1/4 teaspoon dry mustard
1/4 teaspoon marjoram
Dash cayenne
1/8 teaspoon Worcestershire sauce
1 tablespoon chopped chives or minced onion
4 small peeled tomatoes
Lettuce
French dressing

Combine cottage cheese, eggs, seasonings and chives or onion. Chill thoroughly. Cut each tomato into three slices, and overlap slices on a bed of lettuce broken into pieces.

Top with one-fourth of the cottage cheese mixture. Serve with French dressing.

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4-27-51

Homemaking
Radio News

NVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 2, 1951

ow to Launder Blankets at Home

URBANA--If you plan to launder woolen blankets, wash them n lukewarm water, using mild soap and a minimum of washing time. Make ure they don't become too soiled before washing lest more rigorous reatment be needed to get them clean.

Textiles and clothing specialist Florence King, University f Illinois College of Agriculture, says to use lukewarm water (95 to 00 degrees for both sudsing and rinsing. Dissolve a mild soap or de- ergent to make a standing 4-inch suds before adding the soiled blanket.

Two or three minutes is the recommended washing time. When blanket is extremely soiled, two short washing periods--each with resh suds--are preferred to one longer washing. The agitation should e very gentle.

Wool fibers are weak when wet, so be careful to support the lanket with the hands in removing it from the water. Put it through loosened wringer that has been set on "light" or "woolen." Rinse at east twice in lukewarm water.

A blanket will not lose its shape if dried on a sheet spread n the grass. Or you can draw it into shape and suspend it across two

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lines that are 12 to 15 inches apart. If the blanket is small and light in weight, you can hang it on a single line--be sure to hang it with half the weight on each side.

Shake the blanket occasionally during the drying time to raise the nap. When it is completely dry, fluff the nap with a whisk-broom. A high-napped, fluffy blanket is warmest, since it traps more air that will act as an insulator. The binding may be dampened and pressed with a warm iron.

AJR:lw

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Remove Fire and Fall Hazards

URBANA--Clean out basements and attics, as well as yards and farm buildings, during spring clean-up time.

While you're getting everything in order, remove old news-papers, magazines and paper boxes. Unused bedding or paper should also be cleared out; they are hazards that lead to fires.

Make it a habit to remove papers and boxes every week. And keep the stairways and steps free of papers or magazines. Falls are the number one killer in home accidents.

Provide a fine-wire-mesh basket or metal container for burn-ing rubbish in your yard. And be sure to burn it away from all build-ings.

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COC:lw
4-27-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 3, 1951

Refinish Furniture--For Thrift and Pleasure

URBANA--The art of refinishing furniture is hitting a record peak in popularity, and it will help to ease the strain on the family budget too.

Home furnishings specialist Dorothy Iwig, University of Illinois College of Agriculture, suggests examining each piece of furniture carefully when choosing it for refinishing to see that it is well constructed. A sturdily constructed piece of furniture is worth the time and effort necessary for the refinishing job.

You may even be able to improve the style of the furniture by removing extra ornaments, cutting down high, old-fashioned legs or replacing drawer pulls.

If minor repairs are needed, like regluing loose joints, be sure to do it before you begin the refinishing job. And be sure to take off all the old glue before applying the new.

An old piece of furniture usually requires removal of the old finish. Other important steps in the refinishing job are preparing the surface for the new finish and applying the new finish.

Complete steps and directions are included in a University of Illinois bulletin, "Refinishing Furniture," which is available from the University of Illinois College of Agriculture, Urbana.

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FOR RELEASE THURSDAY, MAY 3, 1951

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$ BEST FOOD BUYS $

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FOR WEEK OF MAY 7, 1951

Weekly tips on plentiful foods, with suggestions for buying and using.

URBANA--Apples are the only raw fruit expected to be generally plentiful during May, according to a report from the U. S. Department of Agriculture. Select ones that are crisp and firm.

Nearly twice as many apples were on hand at the end of March this year as were in storage a year ago. This heavy supply should result in increasingly good buys, especially since the new crops of apples reach Illinois markets in early June.

Don't forget, too, that the lowest priced potatoes right now are those from last year that have been in storage.

Foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture, reminds homemakers that the various spring greens soon to be available are excellent sources of vitamins and minerals. All of these may be used raw in salads or cooked in any suitable way. Tops of many root vegetables, such as beets and turnips, make good cooked greens, too.

It is best to remove the tops from all root vegetables before storing them in your refrigerator, because tops draw moisture and nutrients from the vegetable.

The current better buys for helping to keep protein food costs low are fresh or frozen fish, dry beans, cheese, cottage cheese and peanut butter.

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4-30-51

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[illegible] OF MAY 7, 1917

Weekly sips on plentiful
[illegible], with [illegible]
for hungry and thirsty.

[illegible]--Appears now the only new fruit expected to be ready in abundant during May, according to a report from the U. S. [illegible] of agriculture. Farmers report that are crisp and firm.

Heavy rains in many regions were an hand at the end of the year of [illegible] to [illegible] a true [illegible]. This heavy [illegible] result in [illegible] good [illegible], especially since the dry weather made [illegible] scarce in early June.

The [illegible] tend the lowest [illegible] prices [illegible] since from last year that [illegible] in storage.

[illegible] and [illegible] [illegible] [illegible]. Unfavorably [illegible] the [illegible] of [illegible], [illegible] [illegible] that the [illegible] [illegible] seem to be available are [illegible] [illegible] of [illegible] [illegible]. All of these may be used up in salads or canned in [illegible]. Then if many [illegible] vegetables, [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 4, 1951

Dry Cleaner Needs Cooperation to Give Top Service

URBANA--You can help your dry cleaner do a better job in removing spots and stains if you tell him what caused the blemishes and whether any attempt has been made to remove them.

Clothing specialist Edna Gray, University of Illinois College of Agriculture, says this type of information helps the dry cleaner determine the method and solution he should use to remove the soil.

After a good dry-cleaning job, a customer can expect spots and stains to be removed if it is possible to do so without injuring the fabric or color.

A dry cleaner is anxious to give good service and will see that garments get special attention, such as hand pressing, if the customer asks for it. He will replace any trimming, buttons or ornaments that need to be removed before the dry cleaning is done.

A good dry-cleaning job will leave a garment free from wrinkles and impressions made by seams, pleats or buttons. Pleats will be sharp, straight and evenly spaced. Seams, pockets and cuffs will be free from lint. Most important of all, the garment will be perfectly clean and free from odors.

COC:lw
4-30-51

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for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 5, 1951

Get Your Money's Worth From Vegetables

URBANA--It's a waste of money to buy vitamin-packed vegetables and then lose the vitamins between the store and the table.

Incorrect preparation is the most common vitamin waster, says Miss Grace B. Armstrong, extension nutritionist, University of Illinois College of Agriculture. Sometimes vegetables are trimmed, or cut into small pieces, to the point that there is serious loss of nutritive value.

Vitamins are destroyed in vegetables that are cooked for too long a time. Minerals are not affected by heat, but they are soluble in water and are often poured down the sink.

Cooking vegetables in little water in a covered utensil is a good rule for keeping the body-building nutrients for which you've paid. And the next two principles are to start the vegetables in boiling water and cook them quickly.

Time is an all-important step. Cooking vegetables until just tender not only preserves the nutrients in them but also keeps their original color, taste and form.

If some liquid remains when the vegetable is cooked, it may be used for soups, sauces or gravies. The liquid is packed full of water-soluble nutrients.

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for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 7, 1951

Children Need Outdoor Toys Too

URBANA--You can help make vacation time happy and profitable for your children by seeing that they have a safe place to play, and toys to fit their stage of development.

Child development specialist Margueritte Briggs, University of Illinois College of Agriculture, suggests that parents take positive action now, before children become bored, discontented and mischievous.

If there is no neighborhood play space, groups of parents can frequently cooperate in making a vacant lot into a happy playground. Check the outdoor facilities that are available, see whether the present toys are in good condition, and take steps to add new ones.

Types of equipment that can be made at home to give pleasure to various ages of children are swings, seesaws and a sandbox. Only a small lot is needed for a baseball diamond or a croquet court. Jumping ropes, light-weight horseshoes and roller skates make valuable additions to wagons, wheelbarrows and scooters.

When funds are limited, families will want to choose and make playground equipment that children can adapt to many different play experiences. Sturdily built equipment can be expected to last and can be enjoyed for several seasons.

AJR:lw
5-2-51

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 8, 1951

Have First-Aid Ready for Summer

URBANA--"Be ready with gauze and first-aid remedies, Mother, lest you're caught napping in an emergency." This timely caution comes from Miss Margueritte Briggs, family life specialist, University of Illinois College of Agriculture.

Miss Briggs recommends that you check your first-aid supplies, replace antiseptics and salves that have lost their strength, and replenish the stock of tape and bandages.

Whether you keep your supplies on the lower shelves of the medicine chest or in a special first-aid cabinet, make sure they are well arranged so that in an emergency you can easily find what you need.

It's a good idea to post a list of rules for treating specific injuries, such as burns, cuts, bites and stings, for the ready reference of all adults in the family. A list of the medications on hand would also be helpful.

There are excellent first-aid kits and cabinets on the market, some of them elaborately equipped. Your family doctor will be able to suggest the kind of equipment that will best suit your needs.

A simple, complete kit can often be made from articles found in the home. The container might consist of a dustproof (preferably tin) box of suitable size and shape. Use wide-necked screw-top bottles for all the drugs, because they are easiest to sterilize and keep clean.

AJR:lw
5-4-51

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 10, 1951

Defrost Freezer While Food Supply Is Low

URBANA--A good time to defrost and clean your home freezer is in the spring when the stock of food is low, says home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture.

You'll want to do the job quickly so that the food won't thaw and the freezer won't heat up, says Miss Sullivan. Manufacturers' directions for defrosting their freezers are similar; but where they do vary, be sure to follow the rules for your particular box. The following general directions may be helpful.

Transfer all the frozen packages to the refrigerator, or else pile them in a carton with chilled blankets or wadded newspapers on the bottom, around the sides and on the top to act as insulation.

Turn the control to "off" and proceed with the defrosting as your manufacturer recommends. When the general defrosting is completed, wash the interior of the food storage compartment with a baking soda solution--three tablespoons of soda to one quart of warm water.

Dry the walls and baskets thoroughly, turn the control to "on" and let the box run for a while to become cold before returning the frozen food to it.

When you rearrange the food in the freezer, place the oldest packages on top so that the food will be used while it is still good.

AJR:lw
5-7-51

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FOR RELEASE THURSDAY, MAY 10, 1951

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$ BEST FOOD BUYS $

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FOR WEEK OF MAY 14, 1951

Weekly tips on plentiful
foods, with suggestions
for buying and using

URBANA--Supplies of home-grown rhubarb are arriving at midwest wholesale markets. Next time you go to your local market, check the price and supply. Those arrivals of home-grown rhubarb should bring more reasonable prices.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says that you should choose fresh, large stalks of red or cherry color to get quality rhubarb.

Asparagus from Illinois and Missouri is also arriving at midwest markets this week. You should be able to find a good supply at reasonable prices at your local markets. Choose stalks that are straight and fresh-appearing, with compactly pointed tips.

Wholesale markets report that the price of cabbage has recently dropped rather markedly, moving that vegetable into the class of better buys.

Add broilers and fish to your shopping list if you're in the market for lower priced protein. Broiler producers expect to send record numbers of birds to market during May. And large supplies of fish at the Chicago wholesale market have caused a sharp drop in prices.

COC:lw
5-7-51

Homemaking
Radio News

NVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 11, 1951

Use Old Blanket to Pad Ironing Board

URBANA--Next time you do the weekly ironing or pressing, examine your ironing board pad for thickness, smoothness and springiness. These qualities help to make the ironing job an easier one.

If you find that you need a new pad, remember that the two most resilient fibers for pads are hair and wool. Cotton pads quickly lose their springiness.

You can buy a special pad of hair and wool. But if you have an old wool blanket on hand, it is a good choice. Use a light-colored blanket or one that has been washed so many times that the color will not run.

Miss Edna R. Gray, clothing specialist, University of Illinois College of Agriculture, says that an ironing board will give most satisfaction if the thickness of the padding is graduated or "staggered" so that the edges of the board are rounded. Here are her suggestions for the one good way to pad the board:

Cut the first wool pad to exactly fit the board. It should extend just to the edge. Fit other layers of the padding over the first one. Cut each succeeding pad slightly smaller so that the

-more-

thickness will build up gradually. A total one-half-inch thickness is good.

Place the top layer of wool padding over these graduated pads; this layer should come to the bottom edge of the board. Notch it where the board is curved to remove small pleats of extra fullness that form over the edge of the board. Fasten it with thumb tacks or small carpet tacks.

Use muslin, sheeting or other smooth material for the cover. Don't use a rough-textured cloth, as it will leave an imprint on things you iron. Be sure to thoroughly wash out the dressing or starch before you use it. The cover that goes over the top wool pad should extend just to the bottom edge of the board.

Make the top muslin cover easy to remove for washing. It's possible to make a fitted cover, or you may cut it at least six inches wider than the board. Make a narrow hem in the edge and run a strong cotton tape in the hem.

If you wish. you can sew elastic around the wide end of the cover to make it fit snugly. When the cover is placed on the board, draw the tape up tightly.

COC:lw
5-7-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 12, 1951

Freezing--Easy Way to Preserve Rhubarb

URBANA--If your home supply of rhubarb is "tops" right now, or if prices at your local markets are low, take time to prepare some rhubarb for your freezer or locker.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, recommends using the young, tender stalks for freezing.

Tests at the University of Illinois foods research laboratory show that rhubarb can be frozen satisfactorily without blanching or scalding. However, the blanched was considered slightly better. You can blanch it or not, according to the time you have. But you can pack more of it into a carton if you blanch it.

Wash, sort and cut the stalks into pieces about three-fourths inch long. If you're going to blanch the vegetable, weigh one pound and scald it in two and one-half quarts of boiling water. Hold it in the water for one and one-half minutes, counting the time from the moment you place it in the water.

Cool the rhubarb in cold running water. Drain and package it immediately.

Remember that cartons should be moisture-vapor-proof to protect the flavor, color and texture of the vegetable. Rectangular cartons with cellophane, plastic or parchment bags on the inside are good for packaging vegetables.

COC:lw
5-9-51

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 14, 1951

Time-Saving Sewing Technique Explained

URBANA--Almost a thousand 4-H Club leaders attended clothing training schools held in the central and southern section of the state during March and April.

Miss Lucile Hieser, 4-H Club specialist, University of Illinois College of Agriculture, reports that a certain question about the sewing machine troubled at least one person at each of the meetings she conducted. It was: "What is the purpose of the two small holes in the bed of the machine to the right of the presser foot?"

The two small holes, Miss Hieser explained, are screw eyes for the cloth or seam guide. This small attachment that looks like a miniature garden hoe is a time-saving guide. It helps to sew an even seam at a particular width.

When you use this guide, you won't need to measure and mark for each stitching. Just set the guide a particular distance from the needle and screw it into place. Hold the raw edges of the cloth against the guide as you stitch. It will save you effort as well as time. Let the machine--not your eyes--do your measuring, says Miss Hieser.

Other uses for the cloth guide, in addition to stitching seams, are staystitching, machine basting and marking lines for turning folds.

COC:lw
5-9-51

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 15, 1951

Is Your Teakettle Neglected?

URBANA--The teakettle is one of the most neglected utensils in the kitchen. Frequent use--but little care--is usually the homemaker's slogan for it.

Illinois water is quite hard, so regular care of the teakettle is necessary. When hard water is boiled, an alkaline deposit forms on the bottom of the kettle. If this layer is left for too long a time, it may pit the metal. And slow heating often results when a layer covers the kettle bottom.

Home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture, says that the mineral deposit should be removed as often as the layer forms. The formation depends on the hardness of the water and the amount of water boiled.

If the layer is thin, you may be able to rub it off with steel wool. Don't try to force or break it away with a sharp or pointed instrument.

If this method isn't successful, use sal soda or trisodium phosphate in water. Add one and one-half teaspoons of sal soda to

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a pint of water and cover the bottom of the teakettle with it. Or if you use trisodium phosphate, add one-half teaspoon to a pint of water.

Let the water stand in the kettle only until the mineral layer breaks away. Then rinse the kettle thoroughly with water.

Soaking the deposit in a vinegar solution is another method. Cover the bottom of the kettle with a half-inch of vinegar. Let it stand until the layer breaks away. You can add salt to hasten the action, or you might even heat the kettle slowly. When the mineral layer is dissolved,pour out the vinegar and rinse the kettle carefully.

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Recipe File Helps Solve Food Preparation Problems

URBANA--A recipe file was called a "homemaker's helper" today by a University of Illinois foods and nutrition specialist.

Miss Frances Cook believes that a recipe file is especially helpful when one particular food gives problems in buying, preparation or serving.

She suggests collecting recipes and tips for preparing that particular food. Try the recipes and add them to the file. You might work out a special code that marks the recipe as a family favorite. Once the file is started, be sure to keep it up to date and orderly.

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5-11-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 16, 1951

Texture Variety Lacking in Most Meals, Says Specialist

URBANA--"Lack of variety in texture is one of the most common faults in meals," says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Many homemakers don't think of texture as a quality of food, she says. But often it may decide whether your family eats a meal and enjoys it--or just plain eats it.

Texture refers to the crispness or softness, moistness or dryness, fluidness or solidness of a food. And the important point is HOW the different textures are combined, says Miss Cook.

Contrast of textures within a single dish or between foods that are eaten together is important. For example, a crisp crust for a casserole dish or a crunchy topping for a pudding will give variety in texture.

The texture of a meal can be improved easily. Perhaps all that is needed is one or two different foods. For example, a meal of meat loaf, scalloped potatoes, creamed peas, a stuffed peach on lettuce salad and rhubarb crisp could be improved with two substitutions. Serve sliced baked or oven-fried potatoes and cabbage-carrot slaw or a tossed green salad in place of the scalloped potatoes and peach salad. The crispness of the salad and the potatoes contrast with the soft consistency of the meat loaf and peas.

COC:lw
5-11-51

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

(Best buys information will come to you each week from now through September. Lee A. Somers receives this information from reporters in production and marketing areas throughout the state.

The program is designed as a shopping guide to homemakers and others who buy and use fresh fruits and vegetables. It will also serve as a marketing aid to commercial fruit and vegetable growers.)

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market this week (May 14-19)--considering prices, qualities and supplies--are asparagus, rhubarb, new cabbage and dry boiling onions.

If you do not have to watch your budget too closely, you'll be interested in strawberries and greenhouse tomatoes. The Illinois strawberries will soon be on the market.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

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[illegible] OF HOBBIT

[illegible] will [illegible] now through [illegible] supplies [illegible]

[illegible] as [illegible]

[illegible] and Vegetables

[illegible] from the fresh fruit and [illegible] market [illegible] prices, [illegible] supplies--[illegible], new cabbage and dry boiling onions [illegible] do not have to watch your budget too closely, you'll [illegible] in strawberries and [illegible] corn. The lilacs [illegible] will soon be on the market.

This info[illegible] comes from Lee A. Somers, specialist in [illegible] and home extension, University [illegible] Illinois College [illegible]. Professor Somers bases his [illegible] special re-[illegible] vegetable-growing areas throughout the state.

FOR RELEASE THURSDAY, MAY 17, 1951

Successful Banquets Need Careful Planning

URBANA--Careful planning helps to make those early summer banquets and church suppers easy and enjoyable.

Mrs. Winifred Cagle, institution management specialist, University of Illinois College of Agriculture, suggests two other points for successful quantity dinners. They are detailed scheduling of committee members and a follow-up by committee chairmen.

The first duty for the general chairman of the banquet is to name chairmen to head three major committees--food preparation, food service and kitchen follow-up. These chairmen and the general chairman will make up the planning committee.

The next step in the careful planning is the choice of a menu. The menu should be selected according to the time, money and facilities available.

Selecting responsible members for the three committees is the planning committee's next job. Each person's duties should be thoroughly explained; specific jobs should be assigned. For example, one person on the preparation committee may be given charge of buying the food and keeping simple records of food cost. And the follow-up committee is responsible for leaving the kitchen in order.

One final tip from Mrs. Cagle is to combine all information about the banquet--costs, quantities, menus, buying guides, working and serving schedules--into a final record to serve as a guide for the next banquet. This plan eliminates "starting from scratch" for each banquet, she says.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 18, 1951

Self-Help Overalls--A Boon to Mothers

URBANA--Next time you make overalls for your preschool child, look for a pattern with special self-help features. Easy-to-button overalls help teach children to dress themselves.

Clothing specialists of the United States Department of Agriculture have designed a special self-help overall, and commercial patterns are available.

When Mother puts clean overalls away after washing, she can button the long ends of the straps inside the waistband. Then, to dress himself, the child steps into the overall, pulls it up and slips an arm under each shoulder strap. Because the straps are already buttoned at the waist front, all he needs to do is bring the bib up and button it at the top and sides.

Other features of this design are small pleats at the bend of the hips. These give extra seat length, needed for a child's familiar squatting position while playing.

You will find more guides for making a "Child's Self-Help Overall" in the leaflet by that name. It is available without charge from the University of Illinois College of Agriculture, Urbana, Illinois.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 19, 1951

Frying Pan Needs Special Care

URBANA--The habit of setting a frying pan on the stove to heat before placing any fat or food in it is a bad one. It warps the pan.

Another practice that causes warping is adding cold liquid to a hot pan or to hot fat and flour for gravy. The temperature difference causes a change in the crystalline formation of cast iron or aluminum.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says that warped pans are heat-wasters and they also cause uneven cooking. She recommends careful daily practices to prevent warping.

Place the fat in a frying pan before you put it on the stove to heat. Or if you're going to brown meat without extra fat, place the meat in a cold skillet. The meat is also less likely to stick.

When you make gravy in the frying pan, take the pan off the heat, and gradually add the liquid. And when the frying pan is empty after cooking, don't add cold water for soaking. Set the pan aside to cool.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 21, 1951

Cotton Yard Goods Need Shrinking Before Sewing

URBANA--Shrinking and straightening yard goods before cutting doesn't take away the "new" look of the cloth.

Miss Lucile Hieser, 4-H Club specialist, University of Illinois College of Agriculture, says that some mothers don't want their daughters to shrink the cloth because they think it won't look the same. The wetting process does not change the appearance of the cloth, Miss Hieser says.

Disadvantages of omitting the shrinking and straightening step are numerous. Daughters--and mothers too--would be disappointed if sewing efforts resulted in an ill-fitting garment or one that shrinks the first time it is laundered.

When cloth is finished at the mill, Miss Hieser says, it is not always pressed on the grain (lengthwise and crosswise threads on the square). Every type of material should be checked for this point before the pattern pieces are laid on the fabric.

You can tell when the grain is not straight. The cut ends will not be even when the selvages are together. Or the selvages may not be together when the cut ends are even.

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The straightening and shrinking can be done at one time. Follow these directions for cotton and washable rayon:

Fold the cloth lengthwise with selvages together and the right side of the cloth turned to the inside. Baste-stitch the cut edges together at both ends of the cloth. Fold it until it is small enough to place in a pan of water.

Soak the cloth in lukewarm water until it is thoroughly wet--about 20 minutes. Take it out of the pan, and press out as much water as you can with your hands. Do not wring, as that would stretch the grain.

Place the wet cloth, folded lengthwise, on a dry sheet spread out on a table or other flat surface. Leave about five inches of the sheet at each end. Smooth the cloth out with your hands until the grain is straight.

Fold the sheet over the end of the cloth, and continue to fold about every four to five inches to the end of the cloth. Let the folded sheet and cloth stand for about three hours, or until most of the moisture is taken up from the cloth.

Unfold the cloth and spread it on a dry sheet or clean wrapping paper on a flat surface. Smooth the wrinkles, being sure to keep the grain in its correct position. Leave the cloth on the flat surface until it is completely dry.

It's not a good idea to hang the material for drying, Miss Hieser says, because it may stretch out of shape.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 22, 1951

Test Fabric Samples to Determine Washability

URBANA--If labels on yard goods fail to give information about washability, ask for a sample and test it at home before you buy. Or if it is a ready-made garment that you want to wash, first test the fabric of which it is made.

Textiles and clothing specialist Edna R. Gray, University of Illinois College of Agriculture, says that you can't be sure by looking at a fabric how it will behave when it is washed.

To test yard goods, cut a sample and wash it as you would the garment. If you're going to test for shrinkage, outline the size of the sample on a sheet of paper before washing. Then, when the sample is dry, compare its size with the outlined shape on the paper.

Sometimes a fabric which shrinks with one laundry method will come to size when another is used. Try "toweling" the cloth with a Turkish towel and ironing immediately. Rub the wet garment gently with the lengthwise and crosswise yarns. Measure to see whether the size is increased. If so, press each toweled area before "toweling" another.

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You can also discover whether the cloth will "bleed" by fastening the sample to a piece of white cloth before washing. If the color "bleeds," the white cloth will be stained.

To test ready-made garments for washability, use the end of a belt, the back side of a pocket or a part of a seam. Wash this small sample of the fabric as you would the dress. If results are good, you can safely use that technique. If not, you'll need to change the washing method or have the garment dry-cleaned.

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Raw Spinach--An Ideal Salad Green

URBANA--The next time you buy fresh spinach or gather it from your garden, try using some of it raw.

Miss Betty Johnson, foods specialist, University of Illinois College of Agriculture, says we should use vegetables--including spinach--in the raw state as much as possible. "Almost all natural foods have a place in salad-making, and we don't use them enough," says Miss Johnson.

Salads made from fresh raw vegetables supply part of the minerals, vitamins and bulk that we need in our diet.

Some spinach salads that you'll want to try are spinach with curly endive and lettuce; spinach with hot bacon dressing; and chopped spinach with shredded cabbage, carrots and peanuts.

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AJR:lw
5-18-51

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 23, 1951

Specialist Answers Questions About Lining Draperies

URBANA--Do draperies need to be lined? And is lining worth the extra time and cost?

These questions are often asked by homemakers, says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture. And she says the answer depends on the type of material that is used in the draperies, the way they will be hung, and the approximate time you plan to use them.

If the material is firmly woven so that the draperies will hang well without lining, it's all right to leave them unlined. But consider, also, how they will look from outside the house.

If they are hung so that they extend over the glass panes, it is best to line them--for good looks and wearability, Miss Iwig says.

Resistance to fading from direct sunlight also influences the answer, reminds Miss Iwig. If no information about fading resistance is given on the label of the material you use, you'll want to take precautions by using a lining.

After you consider these points and if your decision is to line your draperies, you can use muslin, cambric or lining sateen.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

Best buys information will come to you each week from now through September. Lee A. Somers receives this information from reporters in production and marketing areas throughout the state.

The program is designed as a shopping guide to homemakers and others who buy and use fresh fruits and vegetables. It will also serve as a marketing aid to commercial fruit and vegetable growers.

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from May 21 to 26--considering prices, qualities, and supplies--are asparagus, rhubarb, cabbage, spinach, onions and Illinois strawberries.

If you do not have to watch your budget too closely, you'll be interested in greenhouse tomatoes and cucumbers.

Asparagus will be in good supply from this week until the latter part of June. And the period for Illinois strawberries will run from May 23 until the middle of June. Buy these foods for home preservation while supplies are good.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

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[illegible] will [illegible] each week [illegible] believes [illegible] information [illegible] and work- [illegible] these [illegible].

[illegible] to remember [illegible] who [illegible] and [illegible] It will [illegible] and [illegible] and [illegible] vegetable [illegible].

This Week's [illegible]

[illegible]--Just buys in the fresh fruit and vegetable market [illegible] in the [illegible] prices, qualities, and supplies--are [illegible], rhubarb, cabbage, [illegible], [illegible] and [illegible] strawberries. [illegible] have to watch your budget [illegible], you'll [illegible] in production [illegible].

[illegible] will be in [illegible] week until the [illegible] of June. And the peak [illegible] will [illegible] middle of [illegible]. [illegible] from home [illegible] are good.

[illegible] information comes from [illegible], specialist in [illegible] and pasture extension, University of Illinois Coll[illegible] [illegible]. Producers [illegible] in [illegible] and vegetable [illegible] about [illegible].

FOR RELEASE THURSDAY, MAY 24, 1951

Check Canning Temperature, Time for Processing Each Food

URBANA--When you preserve fruits and vegetables, keep in mind the two basic processes necessary for successful canning, says Miss Grace B. Armstrong, extension nutritionist, University of Illinois College of Agriculture.

The processes are: First, food and containers must be brought to temperatures high enough and kept there long enough to destroy the organisms that cause spoilage. And,second, containers must be sealed so that air which may contain spoilage organisms cannot enter. These steps will prevent waste of time, money and food by spoilage.

Be sure you know the correct time and temperature for processing each food. A University of Illinois circular "Canning Fruits and Vegetables" is available on request.

Certain types of foods require higher temperatures than others. For example, low-acid foods, such as asparagus and corn,must be processed in the pressure canner. Some other vegetables, such as tomatoes, are high-acid and can be preserved by the boiling water bath.

Careful selection of supplies--jars, lids, and rings--often determines whether the seal will be tight. And check your method to be sure that jars and cans are sealed tightly.

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COC:lw
5-21-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 25, 1951

Staystitch to Prevent Stretching

URBANA--The next time you sew a blouse, dress, or other clothing at home, take time to staystitch the curved edges of the garment pieces before they are stitched together.

Miss Lucile Hieser, 4-H clothing specialist, University of Illinois College of Agriculture, says that staystitching holds the grain line in position. It is a row of machine stitching about 1/8 to 1/16 inch outside the seam line.

This step is necessary, she says, because edges cut on the bias or off grain have a tendency to stretch, even with careful handling. You may have noticed the stretching when an armscye was too big for the sleeve or when a neckline seemed larger than the collar of a garment.

The direction in which you make the staystitching is important, Miss Hieser says. Run your finger along the cut edge once in each direction. In one direction, the fabric will stay in place as your finger goes along the edge. And as you run your finger the opposite way, the fabric will stretch. The first way is the correct stitching direction. Use the cloth guide on your sewing machine to help stitch straight.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 26, 1951

Special Courses Offered at University

URBANA--Three one-week courses in tailoring, slip covering, and food preparation are being offered by the University of Illinois department of home economics and the division of University extension, Urbana.

The non-credit short courses begin June 11 and they are being given especially for teachers and home advisers. Other home economists are also eligible.

Tailoring courses will be held June 11-15 and June 18-22. Miss Ritta Whitesel, clothing specialist, will teach the course. Miss Whitesel has studied at several art and fashion academies and has her advanced degree from Columbia University.

Mrs. Pearl Janssen, foods specialist, will teach "Skills in Food Preparation" June 11-15. The course will include techniques in saving time, energy and money, artistry in food preparation, and planning food service for special occasions. Mrs. Janssen has taught at Cornell University and Iowa State College.

The slip covering course--June 18-22--will be given by Mrs. Elizabeth Alexander, a University of Illinois graduate. Students will measure, cut and fit slip covers.

To register, write R. K. Newton, Supervisor of Conferences, 703 1/2 So. Wright Street, Champaign. Details will be sent following registration.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

Illinois Fruit and Vegetable Report

URBANA--The asparagus harvest is well under way in all parts of Illinois, and quality will be good until about the middle of June.

So says Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture, after receiving reports from 11 vegetable-and fruit-producing areas.

The report from the Union county region is that the strawberry harvest started Friday, May 18. The spinach crop is also being harvested. And indications are that the summer apple crop will be good.

The crop report from the East St. Louis area states that strawberry picking is just getting under way. The Peoria region producers are harvesting a good supply of quality radishes.

Cook county folks can expect a supply of locally grown asparagus, rhubarb, and green onions on their markets. And in about two weeks, spinach will be in harvest.

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COC:lw
5-23-51

FOR RELEASE MONDAY, MAY 28, 1951

Blanching--a "Must" When Freezing Vegetables

URBANA--Some Illinois homemakers have asked if they can omit the blanching step when preparing vegetables for the freezer.

Dr. Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture, says that every vegetable except rhubarb needs to be blanched before freezing.

Research at the home economics foods laboratory shows that the blanching step--scalding before packaging--has distinct effects on color, flavor, nutritive value, and packageability. The boiling water treatment checks the enzyme action which would produce undesirable changes in the vegetables.

The color of green vegetables is "set" when they are blanched. For example, peas have a bright green color when frozen after scalding and a pale grayish-green color when unblanched. Spinach and beets darken if they are not blanched.

Flavors of unblanched vegetables are "hay-like," says Dr. Van Duyne. Asparagus, spinach, and beans have an especially grassy flavor. And unblanched corn has a spoiled flavor.

Vegetables that are unblanched lose almost 100 percent of their vitamin C value, explains the research specialist. There is also a loss during the scalding, she says, but it is only slight in comparison to the loss when blanching is omitted.

More efficient use of freezer space is possible when vegetables are blanched. The scalding slightly wilts the vegetable so that more goes into a package.

COC:lw
5-23-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 29, 1951

Add Flare to Narrow Skirt With Godets

URBANA--You can add fullness and style to a narrow skirt by inserting triangular, or pie-shaped godets in the seams.

Clothing specialist Susanna B. Colton, University of Illinois College of Agriculture, says small godets in the side seams on a slim skirt make the skirt easier to walk in, and give a flirt of femininity to the hem-line.

Miss Colton describes a "pie-shaped" godet as having a pointed top and a circular bottom; the width and length of the segment depends on the amount of fullness desired and where you wish that fullness to begin in relation to your figure.

If your skirt has three panels, front and back, you might put a godet in each of the two front and back seams, and leave the side seams as they are. If the skirt is fairly straight, cut rather small godet inserts since a large godet would add too much fullness and look awkward. Fuller godets usually look better in fuller skirts.

Material used for the inserts can be the same as the rest of the skirt. If the skirt is made of a ribbed fabric (such as pique), or a striped design, you may wish to cut the sections on the crosswise of the material for contrast and added interest.

AJR:lw
5-25-51

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 30, 1951

Tips for Making Strawberry Preserves

URBANA--You can keep strawberry preserves from "floating" by giving the sugar a chance to penetrate the berries before the final cooking.

Extension nutritionist Grace B. Armstrong, University of Illinois College of Agriculture, suggests that you let the berries and sugar stand overnight after heating slowly until the sugar is dissolved or after alternating layers of sugar and berries in a bowl. Use equal amounts of strawberries and sugar by weight.

After the berries and sugar have stood overnight, heat to the boiling point, and boil rapidly until the syrup falls off the spoon in thick heavy drops. The time required for a quart of berries is about 10 to 15 minutes.

When cooking is complete, use ice water to cool the pan of preserves. Let the preserves stand until slightly cool. Stir and then pour into sterilized containers. Cover with hot paraffin immediately after the containers are filled.

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COC:lw
5-25-51

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

"Best buys" will come to you each week through September. Lee A. Somers receives this information from reporters in production and marketing areas throughout the state.

The program is designed as a shopping guide to homemakers and others who buy and use fresh fruits and vegetables. It will also serve as a marketing aid to commercial fruit and vegetable growers.

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from May 28 to June 2--considering prices, qualities and supplies--are asparagus, cabbage, topped carrots, spinach and other greens, Texas onions and Illinois strawberries.

If you do not have to watch your budget too closely, you'll be interested in greenhouse tomatoes and cucumbers.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

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COC:lw
5-28-51

FOR RELEASE THURSDAY, MAY 31, 1951

Examine Closeness of Pile When Buying Rugs

URBANA--Invest some time as well as money in the rugs you choose. Learn how to determine the wearability of a rug before you shop around.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says the closeness of the pile is one of the first things you should examine when buying a rug.

Look at the back side of the carpet to determine the density of the pile. The closer the rows of the tufts per square inch, the better the carpet will wear. Or push your fingers down into the pile. If it is dense, it will be hard to feel the foundation threads.

Don't let the length of the pile influence your decision. A long pile gives the rug a luxurious look and a comfortable "feel" underfoot, but it does not affect wear so much as density of pile does. You can get the comfortable "feel" by using a rug pad.

Thickness of the yarns also tells something about the durability of a rug. Notice the thickness of the yarn; it may be two-, three-, or four-ply.

Read the label to learn what fiber or fibers are used in the rug. Choose according to your pocketbook and the approximate time you'll want the rug to last.

The label may also give information about colorfastness to ordinary light, to direct sunlight, and to cleaning. If the facts aren't included on the label, ask the salesperson.

COC:lw
5-28-51

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 1, 1951

Serve Salad Every Day

URBANA--Add variety to salads by using greens other than lettuce. Try using young beet tops, parsley, spinach, dandelion greens, endive or cabbage.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says that ample supplies of greens make it easy and inexpensive to prepare many salad combinations.

Be sure to choose fresh, crisp, and tender leaves for salads. And clean them thoroughly in cold water. Return the slightly wet greens to the refrigerator to crisp and cool. If you're making a tossed salad, tear or cut the greens small enough to be eaten easily, but not so small as to lose their identity.

Try different salads according to your family tastes. Serve lettuce with curly endive and spinach or green pepper rings and shredded carrots. Combine shredded cabbage with any of the following: carrots and chopped nuts, carrots and raisins, diced pineapple and marshmallows, or green pepper strips and chopped sweet pickles.

COC:lw
5-28-51

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 2, 1951

Save Time--Make "No Knead" Breads

URBANA--Breads that need no shaping or kneading are time-savers in meal preparation midst busy gardening and food preservation days.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, suggests a recipe for "no knead or shape" rolls. She says that the texture is not quite so fine as that of kneaded and raised rolls, but that they are just as tasty.

ALMOND PUFFS

Temp. 400° F. (2 dozen) Time 10-15 min.

3/4 cup milk, scalded
1/4 cup fat
1 tablespoon sugar
1 cake yeast
1/2 teaspoon salt
2 to 2 1/2 cups flour
2 eggs, unbeaten
1 cup almonds, blanched and chopped
1/4 cup sugar

1. Pour scalded milk over fat, one tablespoon sugar, and salt. Cool to lukewarm.

2. Crumble yeast into this cooled mixture. When soft, add eggs and flour. Beat until the mixture is smooth.

3. Cover and let rise until double in bulk. Stir down and add one-half cup almonds.

4. Fill greased muffin pans one-half full. Sprinkle with remaining almonds which have been mixed with three tablespoons sugar.

5. Cover and let rise until double in bulk. Bake.

OOC:lw
5-31-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 4, 1951

Need a Sundress? Check Last Summer's Cottons

URBANA--If you have a cotton dress with an ill-fitting or out-of-style neckline and sleeves, why not change it into a sundress?

All you need do is cut off the top of the bodice and face the edge with left-over fabric. Miss Susanna B. Colton, clothing specialist, University of Illinois College of Agriculture, says an elastic fitted top will look best with a full, gathered skirt, and a fitted top with a slimmer skirt.

Here are Miss Colton's suggestions for revamping: To cut off the dress top, cut both front and back along the crosswise grain, from the lowest point of one armhole to the other. The top edge of the dress can then be faced and threaded with a narrow elastic band--tight enough to make the sundress top fit the body securely at the underarm position.

Or, if the dress has front and back waistline darts, you may prefer a smooth-fitting top instead of gathers. To insure good fit, have someone pin in the fullness for continuing the darts to the top edge of the dress. For additional fitting take the top in at the side seams. Use a three-inch facing for the top edge. This will allow for seams and provide at least a one-inch band at the top.

AJR:lw
5-31-51

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 5, 1951

Basic Guides for Silver Storage

URBANA--The most important aims in storing silver are to protect it from scratching and to prevent tarnishing by keeping the air out.

Miss Margaret Goodyear of the home management department, University of Illinois College of Agriculture, recommends an easy-to-get-to drawer or chest for storing silver that is used every day. The drawer or chest can be lined with felt or tarnish-resistant fabric which you can buy by the yard.

Less-used silver is often wrapped in bags or rolls, while large pieces of seldom-used silver may be padded with layers of absorbent cotton before storing.

Special tarnish-resistant chests and flannel wrappings are available for flatware. Use wide cotton tape to tie the rolls of wrapped silver. Rubber bands should never be used, since rubber contains sulphur--the chief cause of silver tarnish.

Plain, new white flannel should not be used for wrapping silver because sulphur is sometimes used in bleaching cotton. Wrapped silver may be placed in bags of any air-tight plastic material, but rubberized bags should never be used.

AJR:lw
6-1-51

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 6, 1951

Sew Your Own Beach Robe

URBANA--An easy-to-make poncho of terry cloth is ideal for big and little girls to toss over their swim suits. It can double as a shower wrap too.

Miss Susanna B. Colton, clothing specialist, University of Illinois College of Agriculture, describes the basic wrap as a length of hemmed cloth with an opening in the middle for your head. You can let the wrap hang loosely or else gather it in at the waist with a matching cord or belt.

One and a third yards of cloth will be enough to make the hip-length style, although the number of yards you purchase will depend on how long you wish the poncho to be.

Fold the length of material in half on the crosswise: this will be the "shoulder seam" line. The width you leave the material will be determined somewhat by the size of the person you have in mind: but 22 inches, which allows for a two-inch hem on either edge, should be adaptable to most adult figures.

Cut a neck opening of the desired shape and size on the crosswise fold, and attach a shaped facing to this cut opening. Hem the bottoms and side edges of the poncho, folding under the two-inch hem allowance. If a more definite armhole is desired, the side openings could be partly seamed together.

AJR:lw
6-1-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

"Best buys" will come to you each week through September. Lee A. Somers receives this information from reporters in production and marketing areas throughout the state.

The program is designed as a shopping guide to homemakers and others who buy and use fresh fruits and vegetables. It will also serve as a marketing aid to commercial fruit and vegetable growers.

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from June 4 to 9--considering prices, qualities and supplies--are asparagus, new cabbage, spinach and other greens, radishes, green onions, yellow Bermuda onions from Texas, and strawberries.

To get good-quality strawberries, select those with a bright red color and clean appearance. The caps and stems should have a fresh green look. A darkened, dull look indicates that the berries were picked some time ago and have lost their freshness.

If you do not have to watch your budget too closely, you'll be interested in greenhouse tomatoes and cucumbers and Florida sweet corn.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

COC:lw
6-4-51

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FOR RELEASE THURSDAY, JUNE 7, 1951

Growing Girls Need Special Patterns

URBANA--Four different types of patterns are available for the growing girl's clothing. Choose the pattern designed for her particular stage of growth and development.

Miss Florence Kimmelshue, 4-H clothing specialist, University of Illinois College of Agriculture, says that it's not wise to use older sister's pattern and alter it to fit the younger members of your family. The alteration takes too much time, and the result is likely to be a poorly fitted garment.

Girls' patterns are made for the younger figure with little or no development at the bust line. There may be a dart at the waistline to give only slight fullness over the bust.

Patterns for teen-agers are slightly wider at the shoulder and longer from shoulder to waistline. There may be a small dart under the arm, in addition to the waistline dart, to allow a little more fullness over the bust.

Choose a misses' pattern for a girl who has more width across the shoulders and bust line. Wider waistline and underarm darts on this pattern give more fullness through the bust line. The pattern also has more length than the others.

A junior miss pattern is for the "chubby" girls who need a little more width than the average girls. The pattern has shorter lines than the regular size.

Girls' patterns come in sizes 8-14; teen-agers', 10-16; and misses', 12-20. The junior miss patterns are sized from 9 to 11.

COC:lw
6-4-51

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 8, 1951

Never Oven-Can Food, Says Specialist

URBANA--Every homemaker should cross oven-canning off her list of food preservation methods.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says that oven canning should never be used because it may cause burns, cuts, a ruined stove and food poisoning.

Jars may explode or the oven temperature may not be high enough to kill spoilage bacteria in certain foods. The contents of a jar will not heat above the boiling point of the liquid unless the jar is completely sealed. And if the jar is sealed, it is likely to explode.

Use the safe canning methods, says Miss Acker. The one you use depends on the kind of food to be preserved.

High-acid foods, such as peaches and tomatoes, can be preserved in the boiling-water bath. Low-acid foods like corn and beans should always be preserved with a pressure canner. Open-kettle canning should be used only for jams, preserves, jellies, marmalades and pickles.

COC:lw
6-4-51

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 9, 1951

Strawberry Punch Easy-to-Make

URBANA--Colorful, tasty strawberry punch is a good refreshment to serve during June--the wedding and graduation month.

Miss Mary E. Vick, specialist in institution management, University of Illinois College of Agriculture, says that this punch is also inexpensive during the strawberry season.

The punch is easy to make, and it adds a decorative note to your table. Here is the recipe she suggests:

STRAWBERRY PUNCH
(Yield 1 gallon)

1/2 pound granulated sugar
1 pint corn syrup
1 quart water
1 quart strawberries
1 bunch mint
1 quart grapefruit juice
1 pint lemon juice
1 quart ginger ale

Cook water, sugar and corn syrup together to make a syrup. Chill and add to the fruit juices.

Wash the strawberries and mint. Reserve one-half of the berries to garnish each punch cup. Mash the rest of the berries and add to the fruit juice mixture. Add the ginger ale just before serving.

COC:lw
6-6-51

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 11, 1951

Remove Rubbish From Yard

URBANA--Your yard is a safe place for your children to play only if you keep all trash and rubbish cleared away.

Mrs. Ruth C. Freeman, coordinator of the Illinois Safe-Homes program, recommends checking all parts of your yard to make sure it doesn't contain anything that may injure your children. Broken jars, discarded medicine bottles, burned-out fluorescent tubes and sharp garden tools make dangerous playthings.

If you need to discard medicine bottles, empty any remaining medicine down the drain. Bury pills or powders in the earth or empty them in the lavatory. Place razor blades in a container that has a tightly fitting lid.

Some fluorescent tubes contain a poisonous chemical. When the tubes burn out, bury them where they cannot be broken and handled by children or adults or disturbed by animals.

Put garden tools--hoes, shears, rakes and lawnmowers--back in their storage place immediately after you use them. Youngsters may trip over the equipment, or they may try to use it and hurt themselves.

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COC:lw
6-6-51

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 12, 1951

'olish Silver "With the Grain"

URBANA--When polishing silverware, be careful to rub it 'with the grain," as you do when polishing wood. Use rather long, .engthwise strokes--never a circular, scrubbing motion.

The direction of the strokes should follow the contour of :he piece, says Miss Margaret Goodyear of the home management depart- ıent, University of Illinois College of Agriculture. Or else follow .he direction--or grain--in which the silver has been polished before.

The basic steps in cleaning silver are the same whether it's .terling or silverplate. Be sure to use a silver polish--made espe- ially for cleaning silver; apply the polish with a soft cloth or a ponge. Ordinary cleaning powders and rough polishing cloths should ıot be used, because they scratch the soft silver finish.

Rub the pieces until all tarnish is removed; then wash them n clean sudsy water, rinse in clear hot water and dry thoroughly. ampness or finger marks left on the silver may cause tarnishing.

The electrolytic, or chemical, method of cleaning silver s not recommended for use on fine silver. This is the method in hich the pieces are immersed in a boiling soda solution, in an alu- inum pan, and left until the tarnish is removed.

When this method is used, some of the silver may be removed f the pieces are left in the solution too long. Also, it fails to ive silver the brilliance and luster that comes from polishing. And t removes the darkened effect of oxidation that is often used to ring out the pattern in ornamented silver.

JR:lw
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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 13, 1951

Serve Youngsters Tasty Milk Drinks

URBANA--Be prepared for your youngsters' steady demand for between-meal snacks now that school is out. And take this chance to give them nutritious milk drinks.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, suggests fruit milk drinks as an extra treat for your small fry.

Easy to make, these milk drinks take only mixing or beating. To make a banana milk shake, simply slice a ripe banana into a bowl and beat with an egg beater or mixer until smooth and creamy. Add milk and mix well.

If your children want more flavor in this milk drink, add orange or pineapple juice. Or you can make a richer drink by adding several tablespoons of vanilla ice cream.

While strawberries are in good supply, prepare some colorful berry drinks. Squeeze the juice from fresh berries that have been sweetened with one part sugar to two parts fruit. Then use one cup of juice to one quart of milk and serve cold.

Make many different milk drinks, using your youngsters' favorite fruit. These between-meal "treats" will help to give them their daily quart of milk.

OOC:lw
6-8-51

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 14, 1951

Help Your Child Learn to Spend and Save

URBANA--Your child can learn good money management if you help him plan the use of his weekly or monthly allowance.

Mrs. Ruth C. Freeman, home accounts specialist, University of Illinois College of Agriculture, says the art of spending, saving and sharing one's money comes from individual practice. It's not something that we learn automatically from growing up in a home that has good money management, she says.

Here are suggestions for ways a child might manage his money:

A child four to six years may want to use his allowance in the following way: Spending--candy, gum and other treats; saving--bank; and sharing--Sunday school and gifts.

An older youngster--6 to 10 years--may want to use his allowance in this way: Spending--school and play supplies; saving--something special, such as skates; and sharing--gifts and Sunday School.

The size of the allowance you give your child will depend on the size of the family income and the family's level of living. You can discuss the amount of the allowance and the portion of living to be bought with the allowance in informal family councils.

COC:ss
6-11-51

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FOR RELEASE THURSDAY, JUNE 14, 1951

Simerl Speaks to Federation Delegates

JACKSONVILLE--A look at the economic "health" of the nation was taken here this afternoon by members of the Illinois Home Bureau Federation who are attending the annual Citizenship and Organization Conference at MacMurray College.

L. H. Simerl, University of Illinois agricultural economist, told the women about "Your Family and Inflation." He explained inflation, its causes, effects and controls.

Inflation has both long- and short-time effects on farm families. The economist said that inflation destroys the value of savings, bank deposits, bonds and life insurance. It also makes for higher interest rates and larger down payments on farm land.

Concerning controls, Simerl said that price controls merely conceal inflation. They do not get at the basic roots. Such things as controls on meat, for example, are weak and ineffective tools for combating inflation.

"Great inflations destroy the middle classes," Simerl said. Their small savings are wiped out. Only the very rich and poor are left. Such a society is unstable and provides fertile ground for political and economic revolution, he reminded.

Inflation is caused by a marked increase in supply of money or credit. Therefore restrictions on private credit and a "pay-as-we-go" defense program are the major ways to prevent inflation. The economist recommended that direct controls over prices, wages and production be used sparingly and only in unusual circumstances.

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COC:pm
6-12-51

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 15, 1951

Tomato Soup Won't Curdle With These Methods

URBANA--It's easy to make cream of tomato soup that has little tendency to curdle. Here's how, according to Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture.

Mrs. Janssen describes three methods of combining the milk and tomatoes. She suggests that you use the method that's easiest for you, and the one that gives a product most pleasing in consistency and flavor.

The suggested methods of mixing are: Add cold tomato juice to cold milk; add hot tomato juice to cold milk; or, for a thicker soup, thicken the hot tomato juice with flour and then add it to hot milk.

The proportion of tomato juice to milk is important, says Mrs. Janssen. You can use equal proportions, or more milk than tomato juice. The latter combination will give a creamier soup that is less likely to curdle. Never use more tomato juice than milk, because the greater acidity might cause curdling.

Other steps that help to give a smooth, creamy soup are to heat the soup rapidly, but don't boil it. Add salt just before serving, and serve immediately.

COC:ss
6-11-51

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

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Best Buys This Week--Fresh Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from June 11 to 16--considering prices, qualities and supplies--are asparagus, lettuce, cabbage, spinach and other greens, Florida celery, Texas onions, green onions and radishes.

Good quality asparagus is brittle, with close, compact tips. Don't select asparagus that has limp stems or spreading tips.

If you don't have to watch your budget too closely, you'll be interested in cucumbers and tomatoes.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

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COC:ss
6-11-51

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 16, 1951

Tuck Food Safety Rules Into Picnic Basket

URBANA--When it's picnic time for your family, tuck a few safety rules as well as food into your picnic basket.

Food specialists of the University of Illinois College of Agriculture remind you that food should be ice cold or very hot--never lukewarm--if it must be held for any length of time before eating.

Lukewarm food provides an ideal place for the growth of bacteria that may cause food poisoning.

Creamed foods and those that contain mayonnaise or salad dressing spoil readily. Simple precautions will prevent that spoilage. For example, if you're serving potato salad, take the unmixed cold ingredients to the picnic area. Then, just before eating time, prepare the salad.

Don't write creamed dishes into your picnic menu. Plan to serve food that can be prepared at the picnic area and then eaten immediately.

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COC:lw
6-13-51

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 18, 1951

Store Sugar in Sealed Containers

URBANA--Start now to buy the sugar supply you'll need for food preservation this season.

To ease the transportation problem when the canning season is in full swing, the U. S. Department of Agriculture recommends storing some of the sugar you'll need. The problem is not one of supply, because there is enough sugar for all needs.

Store the sugar carefully to protect it from ants and dampness. One protective measure is to put it into tightly covered and sealed containers or glass jars.

H. B. Petty, entomologist, Illinois College of Agriculture and the Illinois Natural History Survey, says that keeping sugar in sealed cloth or heavy paper bags also protects it fairly well from ants, as they seldom find it. If they do discover it, however, they can chew through the cloth or paper bag.

Sugar in storage should be examined at regular intervals for ants and should be stored away from other ant-attracting foods.

Be sure to store sugar in a dry place, because it absorbs moisture easily and then "cakes" or hardens.

COC:lw
6-13-51

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 19, 1951

4-H Girls Can Set Proper Standards in Dress

URBANA--The 2400 Illinois girls who attended the fashion shows during 4-H days at the University of Illinois were told that they are a powerful example for girls in their communities.

Miss Florence Kimmelshue, state 4-H club specialist in charge of the event introduced the professional stylist who moderated the shows.

The stylist told the group that the daily use of a deodorant is an aid to daintiness that 4-H girls will want to cultivate.

A bathrobe, which a girl can make for herself, is an important item in the wardrobe.

Girls look their prettiest in dresses; "when they wear mannish costumes they look too much like the boys" to get any attention, the stylist said.

The 4-H girls chosen at random to model garments for the show were given pointers on modeling which they can share with girls in their clubs at home. They were told that correct posture, good grooming from top to toe, and a pleasant smile are among a girl's greatest assets.

AJR:lw
6-15-51

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 20, 1951

Buying Clothes? Check Price, Quality, Labels

URBANA--If you don't get your money's worth when you buy clothing, take part of the blame yourself; if you buy wisely and carefully, you're less apt to go wrong.

Miss Fern Carl, textiles and clothing specialist, University of Illinois College of Agriculture, suggests that clothing, and fabric for making clothing, should be selected according to price, quality and information on the labels.

"Know why a garment costs what it does," says Miss Carl. Since good wool is more durable than wool of poor quality, all of us are willing to pay more for it. A "cheap" suit, made of poor-quality material, will never look as well as a good suit. It requires more care, loses its shape and will wear out sooner than one made of better material.

Although the one good suit will usually give greater satisfaction to the wearer than two of poor quality, this is not to say that only the most expensive is good. Some purchases may give so little satisfaction that even a "bargain" price is too high.

Buy at a good store, ask questions, read the labels; use your knowledge of materials and garment construction. These will help you get a satisfactory wardrobe for the least money.

AJR:lw
6-15-51

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Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

"Best buys" will come to you each week through September. Lee A. Somers receives this information from reporters in production and marketing areas throughout the state.

The program is designed as a shopping guide to homemakers and others who buy and use fresh fruits and vegetables. It will also serve as a marketing aid to commercial fruit and vegetable growers.

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from June 18 to 23--considering prices, qualities and supplies--are green and white onions, radishes, leaf lettuce, spinach and other greens, cabbage, topped carrots and Florida celery.

If you do not have to watch your budget too closely, you'll e interested in watermelons, cantaloupes, greenhouse tomatoes and ed raspberries.

This information comes from Lee A. Somers, specialist in egetable crops and garden extension, University of Illinois College f Agriculture. Professor Somers bases his summary on special reports rom fruit- and vegetable-growing areas throughout the state.

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FOR RELEASE THURSDAY, JUNE 21, 1951

Specialist Explains "Cold" Jelly Method

URBANA--You can use the so-called cold method for making jelly if you choose fruit that has a high amount of acid and pectin. Good color and flavor are also important.

Foods specialist Mrs. Pearl Janssen, University of Illinois College of Agriculture says that the cold method may save time, and it also helps to keep more of the fresh fruit flavor.

Here's how to make jelly by using the cold method: Just warm the fruit juice, add the sugar and stir until all of the sugar is dissolved. Pour the mixture into sterilized glass jars, and cover with paraffin.

Use one and one-half cups of sugar to one cup of juice. This proportion is correct when you have the recommended fruit juice that is high in pectin, color, acid and flavor.

Blackberry and grape juices are commonly used for this jelly-making method, says Mrs. Janssen. The combination of raspberry and apple juices is also good. The raspberry juice adds flavor as well as color.

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Homemaking
Radio News

VRSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 22, 1951

Remove Loose Paint, Then Redo Outdoor Furniture

URBANA--When you paint outdoor furniture, remember that preparing the surface is a most important step.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says that your paint, time and energy are wasted unless the finish is applied to a surface that's clean and sanded smooth.

Use emery cloth or sandpaper to remove the loose paint or rust on metal furniture. Buy a paint made especially for metal, and be sure to follow the directions carefully.

If the furniture is wooden, mend worn or chipped spots before applying the new finish. To do this, remove the loose paint, sandpaper the edges of the firm finish and then "patch" the broken spots with matching paint. When the patched coating is as thick as the rest of the finish, let dry and sand smooth. Then redo the entire piece of furniture.

If any of the surfaces you scrape or sandpaper have been finished with lead paint, take precautions not to inhale the dust. Do the job in a well-ventilated room or out of doors.

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FOR RELEASE FRIDAY, JUNE 22, 1951

Freeze Green Beans That "Snap"

URBANA--"Speed from garden to freezer" is the slogan you should follow when preparing any vegetable for the freezer. It's especially important when freezing green beans, as it helps to keep them crisp and tender.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says to choose green beans that "snap" for freezing. These are the young tender beans.

Working with small amounts--about one pound at a time--will make the freezing job easy for you. And equipment for blanching and cooling is usually suited to the pound batches.

Although the blanching step takes just a few minutes, it is all-important because it checks the actions that cause the food to spoil. This step will also give bright green snap beans that have good flavor and high nutritive value.

Use three quarts of water for scalding one pound of snap beans. Blanch for three minutes, counting the time from the moment the beans are placed in the water.

Cool the beans in a large kettle of cold running or ice water. Package immediately. Allow one-half inch of head space for expansion during freezing. Prompt freezing after packaging is necessary to keep the good quality of the young tender beans.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 23, 1951

Make Fruit Pies Minus Soggy Crusts

URBANA--The fresh-fruit-pie season brings queries on how to keep from having soaked and soggy crusts.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, suggests that you partly cook the fruit first, sweeten and thicken it with a sugar and cornstarch mixture and then place the fruit, while still hot, into the unbaked crust.

Bake the pie on the bottom rack for 25-30 minutes in a hot (450°) oven. This will keep the crust from being soaked before it starts to bake.

Two tablespoons of cornstarch and three-fourths cup of sugar is a pleasing proportion for a quart of fresh, stoned cherries. You may wish to vary the sugar depending upon the tartness of your fruit.

Fruit pies are best when they can be eaten within three or four hours after baking. If this is not possible, keep them in the refrigerator and then heat for a few minutes about half an hour before serving.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 25, 1951

Guide Gives Canning Yields

URBANA--Does arithmetic slow down your home canning job? Do you need to figure how much food you'll need for a specific number of canned quarts?

Extension nutritionist Grace B. Armstrong, University of Illinois College of Agriculture, has prepared a "Home Canning Arithmetic" guide that tells the canned yield for 19 different fruits and vegetables. One example: If you want 16 to 20 quarts of snap beans, you'll need one bushel of beans.

A copy of "Home Canning Arithmetic" is yours on request. Write to the College of Agriculture, Urbana.

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Can Snap Beans With Pressure Cooker

URBANA--A reminder from University of Illinois foods specialists: Use the steam pressure canner to preserve those snap beans.

The high temperature made possible by steam under pressure is necessary to kill the bacteria that cause botulism--one of the most dreaded forms of food poisoning.

Process pint jars of snap beans for 20 minutes at 240° F. This is the temperature you get when steam is under 10 pounds' pressure. Quart jars need 25 minutes.

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6-20-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 26, 1951

Medium-Sized Potatoes--Homemaker's Choice

URBANA--What size of potatoes do you buy? If you're typical of homemakers in the north-central area of the United States, you select medium-sized potatoes.

R. A. Kelly, fruit and vegetable marketing specialist, University of Illinois College of Agriculture, was one of the directors of the research project on "Consumer Preferences for and Definition of Potato Sizes." The survey was conducted by the north-central region in cooperation with the United States Department of Agriculture.

Kelly reports that 90 percent of 2,840 indications of preference were for potatoes from 2 1/4 to 3 1/4 inches in diameter.

Data were gathered from customers in 13 stores of four chain grocery systems in the Chicago area. These buyers were asked to state their preference for potatoes within the range of 1 7/8 to 4 inches in diameter.

Why do homemakers prefer medium-sized potatoes? The four major reasons, says Kelly are: Use, ease of preparation and handling, cooking qualities and appearance and eating qualities. Size preference did not seem to be related to family size.

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Two major tendencies are evident from the preferences. The larger the potato, the more attention women pay to ease of preparation and handling. Use is important, but it becomes second to preparation and handling when potatoes are three inches and larger.

The survey also indicates that buyers are much more concerned with ease of preparation of potatoes than with eating qualities.

The cooking method seemed to be directly related to size preference. As potato size increased, there was a corresponding increase in mashing, French frying, and boiling peeled potatoes, and also in baking. When small potatoes were chosen, they were usually boiled unpeeled, used for salad, or browned with meat.

COC:lw
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Homemaking
Radio News

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FOR RELEASE WEDNESDAY, JUNE 27, 1951

Savings Increased in 1950--Despite Income Drop

URBANA--Illinois farm families whose family account records were summarized through the University of Illinois extension service in agriculture and home economics saved more money in 1950 than in 1949.

The 1950 summary of "Farm Family Spending and Saving" has just been published. It was based on family accounts from 166 farm families. The average family had 3.4 members and an income of $5,271.

Mrs. Ruth C. Freeman, home accounts specialist, says, "This research shows that 145 families who have kept continuous account records for the past two years saved seven percent more money in 1950 than in 1949, or a total of 38 percent of their disposable net cash receipts. This is significant because these families had 9 percent less to spend and save in 1950."

Here is how the account families invested their savings during 1950: They used more money for principal payments and life insurance premiums. Their bank balances were also greater at the end of the year than at the beginning. And they used less money for major housing improvements and new investments.

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Homemaking
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Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from June 25 to 30--considering prices, qualities and supplies--will be beets, green beans, cabbage, Michigan strawberries, summer squash, dry onions and yellow Transparent apples.

If you do not have to watch your budget too closely, you'll be interested in red raspberries, watermelons and cantaloupes.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

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AJR:lw
6-25-51

FOR RELEASE THURSDAY, JUNE 28, 1951

Study Pastry-Making in Laboratory

URBANA--What makes a berry pie the best in the neighborhood? Its crisp, flaky crust. Here are some pointers that may raise your pie-making score.

Students who experimented with pastry at the University of Illinois College of Agriculture found that they could make satisfactory products by using butter, lard, hydrogenated fats or oil, although each product was somewhat different.

The girls report that an all-purpose flour and a hydrogenated fat usually gives good results when one cup of flour is used with one-third cup of fat. If you use lard, use about one less tablespoon.

The amount of water used should just moisten each particle of flour. One experimenter found that three tablespoons of water per cup of flour suited her method of mixing and her one-to-three proportion of fat and all-purpose flour.

Here is one favorite method of mixing: Work half of the fat into the flour until the mixture looks like coarse corn meal. Add the rest of the fat and mix until the balls are the size of peas. Distribute the water evenly over the flour mixture and mix with a fork or pastry blender.

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AJR:lw
6-25-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 29, 1951

Fagoting--How to Make by Machine

URBANA--An inch-wide row of fagoting, inserted the machine way, is especially popular on dresses and blouses this summer.

It's a pleasant variation from the needlework type of fagoting, made with diagonal stitches of buttonhole twist or pearl cotton and the edges joined about one-fourth of an inch apart.

Clothing specialist Thelma Long, University of Illinois College of Agriculture, says the new type of fagoting is made of strips of ribbon or sections of bias tubing.

To make the fagoting, first prepare the connecting strips. If you want the finished lacing to be one inch wide, cut the sections of tubing or ribbon into sections one inch long plus two seam allowances. Pin and baste the sections to a piece of fairly heavy paper, in the style you wish the fagoting to be when finished.

The next step is to fasten the sections to the body of the blouse. Turn the seam allowance of the blouse section over, place it in position on the fagoting, and machine-stitch through cloth, fagoting and paper. Then tear off the paper. If the material is the kind that ravels, it may be wise to overcast the raw seam.

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Homemaking
Radio News

VRSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 30, 1951

Safety Is Up to You

URBANA--Your food preservation days can be ones of safety or accident. It's all up to you.

Foods specialist Geraldine Acker, University of Illinois College of Agriculture, recommends special care in using hot water, glass jars and pressure canners.

When you sterilize jars or prepare water for blanching, be sure the handle of the pot is turned away from the edge of the stove or table. This prevents tipping which results when clothing catches on the handle or when children reach to see what is in the pot.

Protect your hands from burns each time you remove jars from the pressure canner or the boiling water bath. You'll find canning tongs a big help in placing jars in the cooker and in removing them.

After pressure canner processing, be sure to let the pressure down to zero before opening the petcock or removing the cover. When the pressure is down, open the petcock and allow all the steam to escape. Then remove the cover, remembering to lift it away from you.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 2, 1951

Plan for Play When Traveling With Children

URBANA--"Something old, something new" is a good rule when you pack toys for children who'll be traveling.

If the trip is to be a long one, you can't expect the landscape to hold a child's interest; his chief sources of entertainment will need to come from toys he can enjoy in a small space, says child development specialist Millicent Martin, University of Illinois College of Agriculture.

The favorite "old" toy, plus some inexpensive "surprises"--that can be brought out as the occasion demands--will be important aids to travel enjoyment. Some toys of the latter type might be small plastic wheel toys, a few picture books and scrap books that can be made at home.

Singing, telling stories and playing games together are satisfying travel activities. Suit the games to your children's ages: rules can be flexible. You'll find that the more your family shares their fun, the more you'll enjoy traveling together.

Active youngsters make better travel companions if you can stop the car occasionally and let them run about. Even a few minutes will give them a chance to work off some excess energy.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 3, 1951

Aids in Menu Planning

URBANA--Try answering your "what to have for dinner" problems by planning menus for several days or a week in advance. An "either-or" menu list will make for greater ease in marketing too.

When planning menus for a week, Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, suggests that you keep an up-to-date list of foods that are in good supply. By checking items off the list, you'll be apt to use a greater variety of foods in your meals.

It's usually considered better to limit the variety of foods served each day in order to allow a greater range in the course of a week. Keep in mind the foods you served the preceding week. Try to prevent the monotony of frequent or regular repetitions of foods or combinations of foods.

The result of this planning should be more appealing meals and better nutrition for your family despite lagging summer appetites.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 4, 1951

Prevent Spoilage by Checking Jars Before Storage

URBANA--Check your jars of home-preserved fruit or fruit juices before storing them. If you notice bubbles in the fruit, you can reheat it to prevent spoilage.

Miss Grace B. Armstrong, extension nutritionist, University of Illinois College of Agriculture, says that the bubbling results from yeast fermentation. It indicates that the food was not heated enough or that the jars were not sterilized or sealed correctly.

The nutritionist suggests that you take the food out of the jars, put it into clean, sterilized jars and process it again. Use the time recommended for that particular fruit.

The quality of the fruit won't be first class, but it will be nutritious and wholesome. And you'll save your food from spoilage.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

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Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from July 2 to 7--considering prices, qualities and supplies--will be yellow Transparent apples, cabbage, beets, leaf lettuce, onions, green beans and carrots.

If you do not have to watch your budget too closely, you'll be interested in red and black raspberries.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

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AJR:lw
7-2-51

FOR RELEASE THURSDAY, JULY 5, 1951

Traffic Safety Everyone's Job

URBANA--Lessen the summer's toll of traffic accidents by setting an example of safe walking and driving. See that your family follows the same rules.

Mrs. Ruth C. Freeman, coordinator of the Illinois Safe-Homes program, says the responsibility for safe walking and driving must be shared by every parent, child and motorist.

Parents should make sure their child understands safe traffic regulations, and that he is able to take care of himself in traffic. They should see, too, that their child keeps off the streets, driveways and alleys with roller skates, wagons and the like.

Teach children, by example, to cross streets only at intersections and to walk on the left-hand side of the road, facing traffic when there are no sidewalks.

Motorists who have formed the habit of obeying speed and traffic regulations still need to be on the lookout for youngsters in residential areas and school and playground zones. Give the bicycle rider plenty of room. A startled rider may easily swerve into the path of the car. The bicycle rider must remember to obey the same traffic regulations as the motorist.

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AJR:lw
7-2-51

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 6, 1951

Rack, Covered Utensil Necessary for Water-Bath Canning

URBANA--You can use a large kettle, lard can or wash boiler for that hot-water-bath canning. The utensil must have a well fitted but not steam-tight--cover, and it must be deep enough to let water boil well over the tops of the jars.

Miss Grace B. Armstrong, extension nutritionist, University of Illinois College of Agriculture, suggests that you take a look around your kitchen before buying a special container for hot-water-bath canning. Perhaps you already have one that meets the requirements.

A rack on which to place the cans and jars in the container is another "must." It may be of wire or wood. And it's a good idea to have partitions in the rack to keep the jars from touching each other or falling against the side of the utensil.

You can also use the pressure canner for a water bath. Set the cover in place without fastening it. Be sure that the petcock is wide open so that the steam can escape.

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COC:lw
7-2-51

FOR RELEASE FRIDAY, JULY 6, 1951

Broken Lamps, Other Accidents Can Be Prevented

URBANA--If your children frequently have accidents that break or mar the furnishings in your home, find out the reasons.

Mrs. Millicent Martin, child development specialist in the University of Illinois College of Agriculture, reminds parents, "When reasons are accidental, you can usually take steps to prevent those destructive accidents."

One way is to adapt the child's activity to the room or space in which he is playing. When he wants to spend the afternoon indoors, you might suggest such activities as painting, reading or playing house. Guide his thoughts away from ball playing, roller skating, and wagon riding in the house unless you have a suitable place, such as a long hall or basement.

Check your rooms to see what things can be moved or stored to avoid those mishaps. If your child frequently bumps into a table or lamp, perhaps you can move it to another location.

If your child has a special place--such as the basement--for "hard" play, he will learn that he can be extra-active in one area and not in another.

Sturdy equipment and adequate supervision will also minimize home accidents.

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COC:lw
7-2-51

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 7, 1951

Freeze Peas Quickly After Picking

URBANA--Make sure that the peas picked for your freezer get there in the shortest possible time. They lose sugar and flavor if held at room temperature.

Dr. Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture, recommends that you work with a small amount of peas at a time. You'll want to use a fine mesh basket or sieve for lowering them into the blanching kettle and the cooling water.

Peas should be blanched in boiling water for one minute. Start counting the blanching time as soon as they are in the water.

Chill the scalded peas quickly and thoroughly in cold running or iced water. Cooling time is usually about three minutes. Drain and package quickly, filling the carton to the top.

Seal, label and freeze the peas as soon as possible. If you need to hold them until time to take them to the locker, put them in the refrigerator. This is permissible for three or four hours.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 9, 1951

Test for Pectin Aids Jelly-Making

URBANA--You'll experience the pride of an expert when you've made a delicate, straight-fruit jelly.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, says that to make an ideal, tender, yet firm fruit-jelly one must have just the right proportions of pectin, acid, sugar and water in the juice.

According to Mrs. Janssen, it's hard to give a definite recipe for making jelly because fruit juices vary in their pectin and acid content from year to year and even from day to day as the fruit ripens.

Homemakers can test the juice for pectin by means of a simple and practical device (jelmeter) that measures the viscosity of the juice. The thicker the juice, the more pectin it contains; hence the more sugar it needs.

If the test shows that the juice has too little pectin, either a commercial pectin or another fruit juice that is rich in pectin (such as apple juice) can be added.

The only way to test juice for acid is to taste it, and add lemon juice for tartness if necessary.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 10, 1951

Strive to Serve Regular Meals This Summer

URBANA--Meal regularity during the summertime is most important for your growing children. Their play tempo usually increases so much that some children may say that they're "too busy" to eat.

"Getting children to eat the basic seven foods is easy when meals are served regularly," says Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture.

Regular mealtimes will prevent the formation of the "munching" habit. Nibbling on sweets may temporarily satisfy hunger, but it does not satisfy the body's need for nourishing food.

If your child needs a between-meal snack, make it a point to serve some of the basic seven foods as part of the daily food intake. A small glass of fruit juice, fresh fruit, milk, a crisp vegetable or bread and butter are ideas for snacks.

Children adapt themselves easily to routine and regularity. Remember that you'll have healthier, happier children when you serve regular meals that include the basic seven foods.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 11, 1951

Pasteurize Milk the Double-Boiler Way

URBANA--You can pasteurize milk at home even if you don't have a special milk pasteurizer.

Heating the milk in a double boiler to 165° F. is the substitute method. It can be as safe as the special milk pasteurizer technique, says Dr. Ernest O. Herreid, specialist in dairy technology, University of Illinois College of Agriculture.

However, the double-boiler method is not so convenient, and the milk has a tendency to develop a cooked flavor. And if the temperature goes much higher than 165°, milk solids burn on the bottom of the container.

This pasteurizing operation is simple. Just pour the milk in the top of a double boiler and place it over the bottom, which contains boiling water. Place the cover on the pot and leave it on except when you check the temperature.

Heat the milk to 165°. Then cool it immediately in cold running or ice water. When the milk is 80 to 90°, place it in the refrigerator.

The only special equipment you need for this method is a thermometer. You can use a candy thermometer or a floating dairy thermometer which costs about a dollar.

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COC:pp
7-6-51

Homemaking
Radio News

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Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from July 9 to 14--considering prices, qualities and supplies--are cabbage, yellow onions, beets, summer squash, green beans, carrots and yellow Transparent apples.

If you do not have to watch your budget too closely, you'll be interested in red and black raspberries.

Watermelons are now in a favorable price range. And tomatoes and sweet corn will be on the market in abundance in about two weeks.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

COC:lw
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FOR RELEASE THURSDAY, JULY 12, 1951

Family Council Brings Family Closer Together

URBANA--Help your children grow into responsibility by degrees through the family council system of planning.

Children learn to make decisions, to express their feelings and to be responsible for particular duties when they take part in discussing questions that affect the family as a group.

Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture, says that planning the "family council way" brings a family closer together in both work and play.

A special time should be set aside regularly so that the whole family can "talk things over." The planning can be for a new activity, for evaluation of previous plans or on a family problem.

Democratic procedure should be the motto for the council meetings. Each family member should feel privileged to speak his mind during the discussion. He needs to realize that his ideas are respected, although they may not always be accepted. Individual differences should be expressed and discussed, with the majority vote as the final decision.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 13, 1951

Baking Tricks for Yellow Transparent Apples

URBANA--While supplies of yellow Transparent apples are plentiful, try your hand at some extra-special baking tricks.

Extension nutritionist Grace B. Armstrong, University of Illinois College of Agriculture, has these suggestions for yellow Transparent apple "time of year."

Bake the apples in a plain "dress" with sugar, water and some nutmeg or cinnamon. One way to add some extra flavor is to fill centers of the apples with jelly and then bake.

Orange marmalade and orange juice give baked apples a "zippy" flavor. Or, if your family likes raisins and nuts, fill the center of the cored apples with them. Add a small amount of butter to keep the delicate flavor of the apples during baking time.

Bake an extra-special apple pie by using one-fourth cup orange juice for a nine-inch pie that requires four to six medium-sized apples, one cup brown sugar and two tablespoons each of quick-cooking tapioca and butter.

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COC:lw
7-9-51

Homemaking
Radio News

IERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 14, 1951

Buying a Home Pasteurizer?--Look for These Points

URBANA--Protect your family's health by pasteurizing your milk at home. And do it in a safe and reliable home pasteurizer.

Dr. Ernest O. Herreid, specialist in dairy technology, University of Illinois College of Agriculture, has some suggestions for buyers of home pasteurizers.

Amount and type of heat are two main points to look for when you buy a pasteurizer. There must be enough heat to properly heat all surfaces which the milk contacts.

Amount of heat is more important when dry heat (direct contact with the heating unit) rather than moist heat (hot water or steam) is used. Moist heat can do the entire pasteurization job at a lower temperature than dry heat.

Good construction is necessary for cleanliness and proper heat control. Choose a pasteurizer with an accurate and reliable thermostat, smooth and seamless surfaces on the inside of the container, and features that make cleaning easy. The working mechanisms should be insect-proof; they should also be protected against spilled milk.

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Agitation of the milk insures quicker heating and lessens the possibility of a cooked flavor. Agitation also speeds the cooling process. However, proper pasteurization can be obtained without agitation if sufficient heat is provided.

COC:lw -30-

Get a Home Safety Check Sheet

URBANA--National Farm Safety Week July 22-28 is the time to check and correct home hazards.

The University of Illinois extension service in agriculture and home economics has a sheet of 38 questions to help you determine whether your home is free from accident hazards.

Here is a sample of the questions in the "Home Hazards to Check and Correct" sheet.

Are open windows securely screened to protect young children? Do you turn on the light or carry a flashlight and avoid walking quickly in the dark? Are holes in the yard filled with dirt as soon as they are discovered?

A copy of "Home Hazards to Check and Correct" is yours on request. Write the department of home economics, 206 Bevier hall, University of Illinois, Urbana.

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COC:lw
7-11-51

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

"Best buys" will come to you each week through September. Lee A. Somers receives this information from reporters in production and marketing areas throughout the state.

The program is designed as a shopping guide to homemakers and others who buy and use fresh fruits and vegetables. It will also serve as a marketing aid to commercial fruit and vegetable growers.

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from July 16 to 21--considering prices, qualities and supplies--are cabbage, green beans, beets, Michigan celery, watermelon, turnips, spinach and other greens.

If you do not have to watch your budget too closely, you'll be interested in red raspberries and cherries.

Good-quality sweet corn and tomatoes will be in heavy supply soon. The quality of apples, peaches and cantaloupes now on the market varies greatly. Some are good buys.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

COC:lw
7-16-51

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 16, 1951

Freezing Circular--Yours on Request

URBANA--Choose high-quality fruits and vegetables for freezing, says Dr. Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture.

In the circular, "How to Prepare Fruits and Vegetables for Freezing," she says, "Remember that freezing does not improve the quality of fruits and vegetables. In fact, undesirable characteristics are likely to be magnified. For example, seeds in berries and woodiness in green beans are more noticeable after freezing and storing than before."

Speed from garden to freezer is another necessary step in obtaining quality frozen products. Fruits and vegetables lose some of their flavor and nutritive value if held too long after harvesting.

You can have a copy of "How to Prepare Fruits and Vegetables for Freezing," by writing the University of Illinois College of Agriculture, Urbana.

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COC:lw
7-11-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 17, 1951

Easier to Prevent Than Remove Mildew

URBANA---It's easy to be careless when the weather is humid and uncomfortable. But don't be so careless that you "invite" mildew growth on shoes, furnishings and clothing.

Preventing mildew is much easier than removing the spots it makes, says Miss Edna R. Gray, clothing specialist, University of Illinois College of Agriculture. The molds that cause mildew are always present in the air; to grow, they need only ideal conditions--dampness and warmth.

Here are some precautions you can take this summer that will help to prevent mildew:

Keep your shoes off the floor, away from the immediate source of dampness. Don't just kick them under the bed and expect to find them in good condition the next day. Waxing shoes will prevent mildew growth; wax is a protector on both leather and wood.

If your clothes closet is near a window, transfer infrequently used clothing to another closet. Space garments to allow air to circulate. Keeping a small electric light bulb burning in the closet will also help.

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Easier to Prevent Than Remove Mildew - 2

Chemicals that take up moisture from the air are also useful in controlling growth of mildew. One that can be bought at drug and department stores is calcium chloride. Use the chloride in a container large enough to permit the chemical to absorb the moisture without spilling over. Replace the chemical when it becomes saturated.

Keep windows and doors closed when it is humid outside. Warm, moist air condenses on cool surfaces--especially in the basement--and thus increases the amount of moisture. Cool, dry air absorbs moisture, so ventilate your house only when the air outside is cooler and drier than that inside.

A bulletin on "Preventing and Removing Mildew" is available from the University of Illinois College of Agriculture, Urbana. It is yours on request.

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COC:pp

Buy Mature Apricots

URBANA---July is apricot time. If apricots are a favorite in your family, buy them during this peak production month.

The U. S. Department of Agriculture recommends choosing mature apricots--those that have an orange-yellow color and a plump appearance. Green apricots will have a sour taste; shriveled ones will also have an undesirable flavor.

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COC:pp
7-13-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 18, 1951

Tips on Peach Selection

URBANA--Select peaches by color--not feel--recommends Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture.

When a yellow color shows through the dull green background, the peaches will ripen and develop a normal texture and flavor. Such peaches were in the firm-ripe stage when they were picked.

Don't buy peaches that have a dull-gray or green color. Fruits picked in this stage will remain rubbery in texture and will also be flavorless.

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COC:pp

Sturdy Stepladder--A Good Safety Investment

URBANA---A sturdy stepladder or step-stool is a "safety must" for your kitchen. It costs much less than a hospital bill that may result from an accident.

Choose a ladder or step-stool that has steps wide enough to stand on comfortably; step surfaces should be non-skid or roughened to prevent slipping.

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COC:pp
7-13-51

FOR RELEASE THURSDAY, JULY 19, 1951

Add Special Flavor Accent to Snap Beans

URBANA--Getting more appetite-appealing vegetables on your table will be easy if you follow suggestions given in a new University of Illinois College of Agriculture circular.

"More Vegetables on the Table" contains sections on the selection, storage and preparation of vegetables, and in addition it describes seven ways to cook vegetables.

Miss Geraldine Acker, foods and nutrition specialist, suggests flavoring vegetables with spices and herbs. For example, add a special accent to snap beans by seasoning them with savory, basil, bay leaf, sage or whole cloves.

Or, if you like, serve the beans with a tasty sauce. One suggestion is a sour cream sauce.

SOUR CREAM SAUCE

1 cup sour cream	1 tablespoon lemon juice
2 tablespoons salad oil	1/2 teaspoon salt
2 tablespoons vinegar	1/4 teaspoon pepper

Mix the ingredients together in a small saucepan. Bring to the boiling point. Pour over the hot beans and serve immediately.

A copy of "More Vegetables on the Table" is yours on request. Write the department of home economics, 206 Bevier Hall, University of Illinois, Urbana.

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OC:lw
-16-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 20, 1951

Time to Check Home for Safety

URBANA--Monday is home safety day during National Farm Safety Week, July 22-28. It's a day to take a long, critical "safety look" at every room in your house.

Mrs. Ruth C. Freeman, coordinator of the Illinois Safe-Homes program, says you may prevent loss of time and money due to home accidents if you check your home for safety.

Start in the kitchen, where most home accidents occur. Check the storage spaces for matches, knives and small electrical equipment; be sure they are out of children's reach.

Keep matches in metal containers; buy a slotted holder for knives. Place electrical equipment so that the cords do not dangle within children's reach.

Your cooking habits may partly determine your family's safety. Make it a rule to turn handles of pots toward the back of the stove so that they won't catch in clothing. Tilt covers away from you as you take them off the pots. And keep pot holders within easy reach of the stove, but away from the heat.

OC:lw
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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 21, 1951

Ice Cream, Salad Dressing Stains--Easy to Remove

URBANA--Picnics bring entertainment and fun to families during the summertime. But they may also bring some clothes worries to mother.

Ice cream and salad dressing stains may be one cause for worry. But there's no need for concern when you follow these suggestions by clothing specialist Edna R. Gray, University of Illinois College of Agriculture.

These foods leave a stain that requires two methods of removing because both fat and carbohydrate are present. Follow these steps for stains on washable fabrics:

Sponge the stain first with cold or lukewarm water. Then use a grease solvent--spot remover or carbon tetrachloride--to remove the fat. Finally, use ordinary laundering methods to take out the carbohydrate.

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OC:lw
-18-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 23, 1951

Choose Small-Scale Furniture for Small Living Rooms

URBANA--When you buy living room furniture, be sure to consider the size of the piece in relation to the size of the room.

Scale is something that is often disregarded in selecting furniture, according to Miss Kathryn Weesner, home furnishing specialist, University of Illinois College of Agriculture. It is easy to confuse size with elegance, particularly in thinking of upholstered sofas and chairs.

If too-large furniture is used in a small room, not only does the room seem smaller, but there isn't enough floor space to include as many pieces of furniture as the family requires.

Enormous size as applied to sofas and chairs does not necessarily mean comfort. Too-wide arms on upholstered chairs may even be uncomfortable. The important points to consider for comfort are the relationships between the size of the human body, the height of the chair back, and the depth of the chair seat.

Furniture needs to be scaled not only to the room it occupies, but also to the other pieces in a particular grouping. A large table may suit the scale of the furniture and be more useful than

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several small ones. If a table is not large enough to be useful--to hold a lamp, an ashtray, some books and a magazine--it is probably out of scale with the sofa and chairs.

Miss Weesner proposes this guide to furnishing a small living room--12 by 18 feet or less. As basic pieces, she suggests a simple armless sofa or a narrow-armed sofa, one small arm chair, an open-arm chair and a table radio. These will leave room for other furniture that will satisfy special family needs--bookcases, a desk, a console piano or even a game table.

An encouraging note for homemakers who have the problem of selecting furniture for a small space is the fact that an increasing number of pieces of small-scale furniture--desks, radios, pianos, sofas, and chairs--are now available in the stores.

CH:lw -30-

Washday Time-Saver Suggested by Specialist

URBANA--A way to save time while washing summer clothing with grease-stained necklines is suggested by Miss Edna R. Gray, clothing specialist, University of Illinois College of Agriculture.

Rub the neckline with a grease-solvent--any ordinary spot remover, such as carbon tetrachloride--before washing the garment. The solvent removes embedded dirt; then no extra rubbing is needed during the washing process.

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OC:lw
-18-51

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 24, 1951

Select Top-Quality Tomatoes for Canning

URBANA--You'll find it easier to can tomatoes--and you'll save money--if you select those that are ripe, firm, fairly well-shaped and free from blemishes.

Foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture, recommends choosing top-quality tomatoes for canning. "Avoid those with large, tough cores and scars around the stem end, she says. There will be a considerable amount of waste in peeling and serving them."

The easiest way to peel tomatoes for home canning is to dip them in hot water a minute or two and then into cold water. Use a wire basket for convenience.

Tomatoes can be safely preserved by the boiling-water bath because they are a high-acid vegetable. Use the hot or cold pack method--whichever you prefer. The hot pack takes less processing time--10 minutes for pint and quart jars. The cold pack require 35 minutes for pint jars and 45 for quart jars.

Detailed directions are given in the U.S. Department of Agriculture bulletin, "Home Canning of Fruits and Vegetables." Write the home economics department, 206 Bevier Hall, University of Illinois, Urbana, for a copy.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 25, 1951

Tips on Saving Space in Small Bedrooms

Do you have to take the long way 'round your bedroom furniture to reach the closets? Is there not enough space to open doors and pull out dresser drawers? If you have traffic problems, Miss Kathryn Weesner, home furnishings specialist, University of Illinois College of Agriculture, has these suggestions to offer:

A bedroom arrangement should leave the center of the room free. This is especially important in small homes with 10 x 12 or 10 x 10 foot bedrooms.

Study your problem from all angles before selecting bedroom furniture and before placing the large pieces. If the room will double as a study, living room or play room, you may want to use multiple-purpose furniture. Or, if your family moves frequently, lightweight or temporary furniture may be advisable. In either case, use small-scale furniture--beds, chests and chairs--to make the most of limited floor space.

Beds usually can be placed in corners of rooms. You won't mind the slight inconvenience of pulling out beds to make them if the arrangement gives better traffic lanes, and if the beds have lightweight steel frames and casters for easy moving.

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When twin beds extend out from one wall, twelve or more inches of floor space can be saved by pushing them together. Although separate sheets and blankets are used, one bedspread will be sufficient.

Comfortable couches are often preferred to beds because of the flexibility in arrangement. For boys' or girls' rooms, couches can be placed against a single wall in streamlined fashion. A lamp table separating the couches creates the illusion of separate rooms.

In a living-sleeping room arrangement, couches may be placed along two adjacent walls with a low table filling the corner of the room and joining the couches for a conversational grouping. With bolsters or pillows, the depth of the couches can be adjusted for comfortable seating.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 26, 1951

Use Jars, Lids According to Manufacturer's Directions

URBANA--Insure your canned food against spoilage by using top-quality jars and lids. Don't waste food, money and time by packing canned food into cracked or chipped jars and using broken or dented covers.

Foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture, says to use clean, perfect jars and lids. And use them according to manufacturer's directions, she adds.

Some metal lids with sealing compounds need to be boiled before being put on jars; others need only to be dipped into hot water.

And check directions for seals. Some lids should be sealed before processing; others should have the seal completed after processing. Be sure there is no grease or food on the jar opening where the ring or cover rests.

Use good glass jars with perfect rims, says Miss Acker. If porcelain-lined zinc lids are cracked, chipped, broken or dented, discard them. Buy new rubber bands for all lids that require them. You will also need new metal lids for the metal screw-band closures.

Don't fuss with a seal once it's completed. You may break the contact between the jar and rubber without knowing it.

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COC:pp
7-23-51

FOR RELEASE ON RECEIPT

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from July 23 to 29--considering prices, qualities and supplies--will be cabbage, green beans, beets, home-grown lettuce, Michigan celery, cucumbers, spinach and other greens.

If you do not have to watch your budget too closely, you'll be interested in honeydew melons and blueberries.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. He bases this summary on special reports from fruit- and vegetable-growing areas throughout the state.

Here are several reports that have come in: Union-Jackson county growers are harvesting Halehaven peaches and Wealthy apples. Green beans, peppers, cucumbers and tomatoes are also in harvest.

Growers in the Centralia—Mount Vernon—Salem fruit-growing region have just started to harvest Golden Jubilee peaches; Duchess apples will be ready by July 28-30.

South Cook county growers are harvesting cabbage, bulb onions, cauliflower, beans, greens and salad crops. Their sweet corn harvest will start next week. And Illinois melon-growing areas--White, Cass, Mason, Henderson and Carroll counties--will harvest watermelons and muskmelons during August.

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-23-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 27, 1951

Arrange Furniture for Use and Appearance

URBANA--When you arrange living room furniture, consider the use of the room and the family's habits, interests and activities, as well as family size and the age and sex of each member.

"Convenience is as important as appearance in any furniture arrangement," reminds Miss Kathryn Weesner, home furnishings specialist, University of Illinois College of Agriculture.

If living room chairs are out of order after guests have gone, take a good look at the arrangement before you put the chairs back into place. The new groupings may be more convenient and more pleasing to the eye.

Place your furniture in such a way that it interferes as little as possible with traffic areas. The center of the room should be free; so, too, should spaces around doors.

Today's living room is usually the most diversified room in the house. It may have to provide facilities for (1) entertaining both large and small groups, (2) serving refreshments when entertaining, (3) conversing, (4) relaxing, (5) reading, (6) radio-listening, (7) music, (8) studying, and (9) children's play.

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Arrange Furniture for Use and Appearance - 2

If yours is an "entertaining" family, remember that facilities for seating and serving are most important. Some light chairs that are easy to move around will be useful. A console extension, drop-leaf or coffee table, or a nest of tables, may fit into the scheme of things when refreshment time comes around. A sofa or love seat, with chairs near by, is a good conversational grouping. You may want to add some upholstered stools to increase seating capacity.

Find a place for the radio where listeners will not be disturbed by other activities. And if you have a phonograph, remember to reserve a space for the record cabinet.

Easy chairs for members of the family, with an ottoman on which to rest tired feet, will offer an invitation to relax. The same easy chairs can be used for reading if plenty of light--both day and artificial--is part of the plan.

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COC:pp

Clean Out Medicine Cabinet Today

URBANA--Make your medicine cabinet a "health-helper" by discarding old and unused medicines and pills. A good time to do this job is during National Farm Safety Week July 22-28.

Store poisons--labeled clearly and distinctively--on the top shelf of the medicine cabinet so that children can't reach them. An extra precaution may be to store medicines and poisons in separate places on the highest shelf in your kitchen cabinets.

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OC:pp
-23-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 28, 1951

How to Can and Freeze Black Raspberries

URBANA---Whether you decide to can or freeze black raspberries may depend on the quality of the fruit this season.

If the berries are plump, they will freeze well, says Miss Grace B. Armstrong, extension nutritionist, University of Illinois College of Agriculture. The seeds of black raspberries are especially evident when the fruit is not the plump type. And they become even more evident when the fruit is frozen.

If you decide to freeze the berries, it's best to use a 30 or 40 percent sirup. To make the 30 percent sirup, dissolve one cup sugar in two cups water; for the 40 percent sirup, mix the same amount of sugar with one and one-fourth cups water.

Place the fruit in the carton and cover it immediately with cold sirup, and leave space at the top of the package for expansion. Allow one-half inch for pint containers and one inch for quarts.

To can black raspberries by the cold pack method, fill the jars with berries to within one-half inch of the top. Shake the jar against your hand to make the pack more solid.

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Use a medium sirup--one cup sugar to two cups water--or a thick one--two cups sugar to the same amount of water. To prepare the sirup, stir the water and sugar together while heating until thoroughly dissolved. Bring to the boiling point, skim, and pour overthe berries. Process pint or quart jars 20 minutes.

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COC:pp

Time Saving Tricks for Freezing Foods

URBANA---Aids to speed the home freezing job were suggested today by Miss Frances Cook, food and nutrition specialist, University of Illinois College of Agriculture.

Use a tin can for filling cartons. Simply cut both ends out of a used can, and then push it together to a size that is suitable for your freezing containers.

Another filler trick: Nail two laths on a thin sheet of plywood or board; make the distance between the laths the same as the width of your rectangular freezer cartons. Then, when you fill a container, just place it between the laths.

If your freezer containers are the heat-sealing type,cut a block of wood slightly higher than the carton. Then, to seal the inner liner, press it over the block of wood and apply the heat.

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COC:pp
7-25-51

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 30, 1951

Tips for a Vacation Minus Clothes-Care

URBANA---Keep your vacation free from clothes-care by following these suggestions by clothing specialist Fern Carl, University of Illinois College of Agriculture.

Clothes will be wrinkle-free if you use tissue paper for packing and if you avoid crowding your suitcase. Having to sit on a suitcase to shut it tightly means that you'll have to press clothes during valuable vacation time.

Take only the garments you'll need. Make a list--and then leave as many clothes as you can at home. Choose clothing that doesn't take up much suitcase room. A short, straight bathrobe--not a long, full one--is easy to pack; and it's not a space-gobbler. Flat bedroom slippers also pack easily. And taking only one set of interchangeable shoulder pads also saves space.

Separate bags for cosmetics and shoes allow extra space in your suitcase for clothing. You might also carry your robe and sleeping clothes in one of these bags.

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Provide plastic cases or bags for blouses, stockings and underwear. These cases are both light and easy to pack, and the contents are easily identified. You might even want to pack one day's clothing in a plastic case. One reach into the suitcase will then give you the clothes you need for a day.

Pack your clothes in order of use. For example, place your robe and sleeping wear at the top. Then pack your clothing for the next day under your sleeping togs.

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COC:pp

Use Vitamin C When Freezing Peaches

URBANA---Prevent peach-browning by adding vitamin C--ascorbic acid--to the sirup used for freezing.

Dr. Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture, tells how to use the ascorbic acid in both tablet and crystal form.

Dissolve three 50-milligram tablets in the amount of sugar sirup needed for a pint carton of fruit (about one cup of sirup). To use the crystals, add one-fourth teaspoon to four cups of sugar sirup.

You can buy vitamin C preparations--different from the pure ascorbic acid tablets or crystals--in grocery and drug stores under various trade names. Be sure to use them according to manufacturer's directions.

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-25-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 31, 1951

Freeze Tomato Juice--It's Easy to Do

URBANA---If freezer space is ample and your family is partial to tomato juice, you may want to prepare some for your freezer.

Freezing tomato juice is easy to do, and the frozen juice comes nearer to having the flavor of fresh tomatoes than the canned juice does.

Dr. Frances O. Van Duyne, foods research specialist, at the home economics research laboratory, University of Illinois, says that tests on freezing tomato juice have been successful.

Selection of firm, fully-ripe tomatoes with no soft or spoiled spots is essential to get a top-quality frozen product,

Wash the tomatoes, quarter and simmer them for 10 minutes. Strain off the juice and add one-half teaspoon salt for each pint. Freeze quickly.

Cylindrical cartons, glass jars, plastic containers or tin cans are ideal for freezing tomato juice. They are easy to fill and are not likely to leak.

Remember to allow head space in each container for expansion. A pint container should have one-half inch of head space; a quart, one inch.

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-27-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 1, 1951

Plan Meals--Don't Leave Them to Chance

URBANA--You leave your family's health to chance unless you plan and serve adequate meals.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says, "Homemakers who do not plan their meals can't expect them to be balanced."

To be balanced, meals for one day must include the basic seven foods. They should be attractively served in variety and in amounts adequate for every member of the family. Such meals help to promote positive health.

Your personal preference will determine whether you plan your meals before shopping or whether you shop first and then plan. Many homemakers combine both techniques by making both a specific and a general list to take to the store. The general list may change according to season of the year, special food bargains and quality and availability of food.

Planning meals for two or more days usually saves food as well as shopping and preparation time. Your family is also likely to be more satisfied, because better balance and more variety result from planned meals. And you can feel confident, when you serve the basic seven foods, that you are meeting your family's needs for good health.

COC:pp
7-27-51

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 2, 1951

Freeze Ready-to-Eat Peaches

URBANA--Use a sugar sirup for preparing peaches for your home freezer or locker. Tests at the University of Illinois home economics foods laboratory show that a 50 to 60 percent sirup is best for peaches.

A 50 percent sirup is made with one cup sugar and four-fifths cup water; the same amount of sugar is used with one-half cup water for a 60 percent sirup.

Another way to get tasty, high-quality frozen peaches is to follow this suggestion by Dr. Frances O. Van Duyne, foods research specialist, Illinois College of Agriculture. "Use firm, ripe, ready-to-eat peaches for freezing. And be sure that the variety you select has a good peach flavor," she says.

Peel the peaches and slice them directly into a carton that contains sirup. When you use this technique, the slices are not in contact with air for long. Be sure that the sirup covers the peach slices. Add more, if necessary, allowing one-half inch of head space for pint cartons and one inch for quarts. Place the cartons in the freezer without delay.

The sirup is prepared by dissolving the sugar in water. You can stir or heat the mixture to dissolve it more quickly and completely. Cool the sirup before using it.

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7-30-51

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FOR RELEASE ON RECEIPT

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable market from July 30 to August 5--considering prices, qualities, and supplies--will be green beans, cabbage, beets, sweet corn, celery, tomatoes and early apples when selected for quality.

If you do not have to watch your budget too closely, you'll be interested in plums, blueberries and California grapes.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. He bases this summary on special reports from fruit- and vegetable-growing areas throughout the state.

Here is a summary of some of the reports: Madison-St. Clair county growers are harvesting potatoes, peppers, tomatoes and sweet corn. The Adams-Pike county fruit-growing region is now harvesting Duchess apples. Their wealthy apples will be in harvest about August 10. Sterling-Rock Falls area folks are harvesting tomatoes, peppers, squash and sweet corn.

Somers reports that Illinois and other midwestern states will have a light crop of peaches this year. However, most of the supplies will come from the Carolinas, the Virginias, and other eastern states.

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COC:lw
7-30-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 3, 1951

Good Will, Peace--Aims of IFYE Program

URBANA--Delegates to the International Farm Youth Exchange program have adopted the 4-H aim "working together for world understanding," says Miss Rosemary Archibald, 20, Joliet, Will county, Illinois delegate to Ireland this summer.

In a letter to Miss Anna Searl, University of Illinois home economics 4-H leader, Miss Archibald describes the delegates' role as "grass root ambassadors of good will" and "messengers of peace." About 58 young men and women are living with farm families in 19 foreign countries this summer.

"The more you are with this group, the more you realize what a tremendous responsibility we have," says the young woman who received her degree in home economics from the University of Illinois this June. "When the situation in Europe looked more and more foreboding, the committee talked of withdrawing the project, but decided that this was no year to pull up stakes; that our job was even more necessary than before.

"The stress throughout our orientation has been that we are not only giving, but getting; that it is not our job to sell Americanism except by example, and that our real job is to make ourselves

(more)

a part of the country to which we are going. Then we must bring back the understanding of the country and its culture that we've gained," concludes Miss Archibald.

The other Illinois delegate, Miss Viva Moody, 21, Erie, Whiteside county, is spending the summer and early fall on farms in Denmark. She will be a senior in home economics when she returns to the University of Illinois.

The young women are sharing in the daily work on the farm and in the social life of the family. In exchange, other farm young people from European countries visit the United States and learn at first hand how our farm families live.

When the exchangees return to the U.S. in November, they will spend considerable time speaking before Illinois groups and telling of their experiences.

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COC:pp

Tips for Choosing Vacation Clothes

URBANA--Light weight, slim, and comfortable are three points to remember when selecting vacation clothes.

Clothing specialist Fern Carl, University of Illinois College of Agriculture, says "Choose clothes that are easy to care for, comfortable to wear and easy to carry."

Select prints and dark fabrics because they don't readily show soil or wrinkles. Crease-resistant materials, such as jersey and crepe, are time-savers because they "hang out" before wearings.

Take the straight skirt or dress--not the bouffant one. Fullness means a lot of cloth to wash or press and a lot of cloth to pack.

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COC:pp
7-30-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 4, 1951

Tell Teen-Agers Reasons for Job to Get Cooperation

URBANA--Telling your teen-age youngsters the "why" as well as the "what" of a job or request is one step toward family cooperation. Personal responsibility often results from knowing the "why" of a request.

Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture, says that a simple explanation often helps the youngsters see the "why." Their new attitude makes them more willing to do the job; and they may enjoy doing it.

Assuming unquestionable authority with teen-agers is not the way to get close family cooperation and understanding. The attitude "you must do that job because I told you so" arouses rebellion and a hasty "no, I won't."

Teen-agers need to realize that with every privilege or job comes a responsibility. For example, when the youngsters have the privilege of driving the family car, they must realize that they are responsible for their safety and other peoples' lives.

Parents should take an example from industry; when employees understand the reasons for the jobs they have to do, cooperation brings higher production and better morale.

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COC:pp
8-1-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 6, 1951

Broiling Tips, Recipes Given in Bulletin

URBANA--"It's easy to broil" states the new University of Illinois College of Agriculture bulletin of that same name.

Foods and nutrition specialist Frances Cook has included in this bulletin complete directions for broiling with recipes and suggestions for many combinations.

"Few people realize how delightfully simple it is to broil foods, and how quickly even an entire meal can be prepared in this way," says Miss Cook.

The broiling temperature you use depends on the effect you want to get--whether you want the food evenly cooked throughout or well browned outside and rare inside.

The temperature is largely controlled by the distance the food is placed from the heat--the farther from the heat, the lower the temperature and the longer the time needed for cooking. If you cannot place the food far enough away to get the right temperature, set the control lower than the usual 500 to 600 F.

A copy of "It's Easy to Broil" is yours on request. Write the University of Illinois College of Agriculture, Urbana, Illinois.

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COC:pp
8-1-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 7, 1951

Pasteurizing Milk at Home Saves Money

URBANA--A way for country and village folks to economize on their food budgets was suggested today by a University of Illinois specialist in dairy technology.

Farmers are in a most advantageous position to reduce their living costs, and especially those for milk, says Dr. Ernest O. Herreid of the College of Agriculture. Pasteurizing milk from their own herds will give considerable savings as compared to buying it at the store. For example, with milk selling at the store for 22 cents a quart, a family of six using five quarts daily can save about $18 a month, assuming their raw milk is worth 10 cents a quart.

Families in towns and villages can also buy milk at a dairy farm and pasteurize it at home. Even if the farmer were paid 12 cents a quart for the raw milk, the saving to this same family of six in the village would be about $13 each month.

The cost of pasteurizing a gallon of milk in a home pasteurizer is about one cent a gallon. Remember that cheaper milk always leads to increased consumption of milk, and so leads the way to better health.

An emphatic reminder from Dr. Herreid: No family can afford to take the risk of drinking raw milk; the only safe milk is pasteurized milk.

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COC:pp
8-3-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 8, 1951

Keep "Door Open" for Your Children's Questions

URBANA--Parents should adopt an "open door" policy toward their children's questions. A curt "No," or "wait until you're older leaves the youngsters with the impression that you don't want to take the time for their problems.

Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture, says "Keep the replies simple, don't give a one or two hour lecture for one question. Try to see why the child asked the question and then answer from his point of view."

Remember that if a child is old enough to ask a question, he's old enough to get an answer that satisfies him, says the specialist. Answer every question so that you can add something to it if the child wants to know more. Keep the door "open" so he'll come to you with all of his questions and problems.

Be truthful; don't tell an imaginary story in answer to a question. You can't add anything to a "stork" story, reminds Miss Briggs. Answer the question so that you can add more facts without tearing down the original story and starting all over again.

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COC:pp
8-3-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 9, 1951

Tea Good Base for Fruit Punch--How to Make

URBANA--"To make a cool, refreshing fruit punch, start with tea," says Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture. It gives "body" to the fruit juices and it is inexpensive.

Mix about three tablespoons of black tea with two cups of cold water. Steep it in the refrigerator overnight or at room temperature for six or seven hours. This gives enough tea infusion to make 12 eight-ounce glasses or 25 four-ounce cups of fruit punch.

Just before serving add to the chilled tea six cups of fruit juice and four cups of gingerale or charged water. Sweeten to taste. Pour the punch over ice cubes or over an ice block in the punch bowl.

Vary the fruit juices as you wish--depending on flavor preference and the juices available. One delicious combination is three cups of pineapple juice, two cups of orange juice and one cup of lime juice.

For a more colorful punch use three cups of loganberry juice, two and one-half cups orange juice and one-half cup of lemon juice. Another suggestion is to mix four cups of grape juice with two cups grapefruit juice.

Garnish the punch with cherries, bits of pineapple, slices of fresh fruit or mint. To add a special party note frost the glasses. Before filling them run a slice of lemon or lime around the edge and then dip the rim in powdered sugar.

EH:pp
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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 10, 1951

Watermelon--Preserve It by Freezing

URBANA--Dr. Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture, reports that top quality watermelon can be frozen successfully.

Laboratory tests indicate that both color and flavor of the frozen melon are excellent. Some of the crisp texture of the fresh fruit is lost in freezer storage but this can be overcome to a great extent by serving the melon before it is completely thawed--while it still contains a few ice crystals.

Select top quality melon--melon that is firm, ripe and full-flavored. Freezing will not improve the quality. Remove the seeds and the rind and cut the fruit into small squares, wedges, balls, or other shapes as you prefer.

Pack the melon in moisture vapor-proof containers and cover with a 30 percent syrup. Leave space at the top of the container to allow for expansion during freezing--1/4 inch for pint container, 1/2 inch for quart. Freeze immediately.

To prepare the 30 percent syrup use the proportion of one cup sugar to two cups water. The sugar may be dissolved in the water by stirring. If you heat the mixture to dissolve it more quickly, be sure to cool the syrup before you use it.

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CH:pp
8-6-51

FOR RELEASE ON RECEIPT

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable markets this week--August 6 to 12--considering prices, quality and supplies, will be sweet corn, cabbage, Michigan celery, selected tomatoes, beets, green beans, watermelon.

If you do not have to watch your food budget too closely, you'll be interested in honey dew melons, California peaches, and grapes.

This information comes from Lee. A. Somers, assistant professor of vegetable crop and garden extension, University of Illinois College of Agriculture. He bases this summary on special reports from fruit and vegetable growing areas throughout the state.

August is knownas "Horn of Plenty" month in mid-west states and this year is no exception, in spite of excessive rainfall. Almost the entire list of summer vegetables are now good buys.

Tomato quality is improving, and within a short time, provided weather conditions are favorable, top quality ones should be in local markets. For processing select tomatoes that are firm, red-ripe and free of blemishes.

The peach yield throughout the midwest is very short. However, Illinois Elbertas and Golden Jubilee will be in markets soon to supplement those comming from the southeastern states.

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JEH:pp
8-6-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

(Note to Editor: Series of four releases on Summer Coat Sale Values. Release as indicated, or hold for sales in your area.)

FOR RELEASE SATURDAY, AUGUST 11, 1951

Summer Coat Sales--Shop for Values

URBANA--Pre-season coat sales are receiving top billing. Many of them carry unusual values, provided we take the time to shop wisely.

Study your needs as well as your pocketbook before you start your shopping tour, is the advice of Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture. Thumb through fashion books and magazines to learn current style trends.

If you plan to wear your coat for several seasons, you'll want it to be smart and good looking throughout the entire period. It should be in good style when you purchase it. A coat with simple, good-looking, not too extreme lines is a logical choice.

Color is important. A basic color will give you an opportunity to select other garments and accessories which harmonize or contrast effectively with your new coat. However, if you have suits or dresses which you plan to wear with the coat, you'll want to give them consideration. Try them on with the coat before you buy it.

Don't hesitate to try a new color if it is suitable for you and fits into your wardrobe plans. Modern basic colors include the lovely grays, greens and wines, as well as the conventional black, brown and navy.

JEH:lw
3-8-51

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FOR RELEASE SATURDAY, AUGUST 11, 1951

Summer Coat Sales--Check Fit of Garment Before You Buy

URBANA--When you buy your coat, take time to check the way it fits, advices Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture. Proper fit has much to do with the style and appearance and the wear it will give.

If you plan to wear the coat over a suit, take a jacket to the store with you. Fit the coat over the jacket, and note whether the armholes are deep enough not to bind. Button the coat and check for freedom of movement.

Then try sitting down and walking in it. The overlap should be generous enough to keep the coat from gapping. If you drive a car, move your arms to the side and forward and backward as you do when driving.

Examine the fit of the coat from all angles. Note how it hangs in the back and front and at the sides. Are the lines becoming to you, and are they the best lines you can find? The fit across the shoulders and hips should be smooth--not bulky or "stuffed" in appearance.

Proper fit at the neckline is very important. The collar should "hug" the back of the neck and should not ride up or give a "dragged down" feeling.

Shoulder seams should fall at the natural set of your shoulders unless they are designed not to do so. If the coat is fitted or has a belt, the waistline should come at your natural waistline.

EH:lw
8-8-51

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 13, 1951

Summer Coat Sales--Check Workmanship Before You Buy

URBANA--Workmanship on a coat has much to do with the service it will give. Take time to examine it carefully before you buy, says Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture.

Stitching should be fine and even, and the thread should match the fabric perfectly in color. All seams--those in the lining as well as those in the coat--should be smooth and uniform in width.

Check the position of seams. Those in the lining should fall at the same place as those in the outer fabric and should be tacked to those in the coat. Armhole seams should be reinforced with narrow tape to prevent stretching.

The lining should have a generous pleat at the back extending the full length of the coat to allow for give and "reach." The hem of both the lining and the coat should be finished neatly and securely and should be inconspicuous.

Buttons and buttonholes are a mark of good workmanship or poor. Buttons--except those used for decoration--should be sewed on with a generous shank. In addition, small stay buttons should be used on the inside of the coat, or a tape should be placed between the lining and the outer cloth to reinforce them. Buttonholes, whether worked or bound, should be finished neatly and in such a manner that they will not fray or pull out.

Hand workmanship is costly. In the lower priced coats all work is done by machine. In the better coats some of the finishing--sleeves, facings and hems--is done by hand. However, all workmanship--by hand or by machine--should be good quality.

EH:lw
-8-51

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FOR RELEASE MONDAY, AUGUST 13, 1951

Summer Coat Sales--Select Quality Materials

URBANA--Coat materials should be top quality in order to give good service. Read the tag or label for information about fiber content and the percentage of each fiber used.

Serviceable fabrics can be made of a combination of wool and reprocessed wool, according to Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture. However, any great amount of reused wool in a fabric will tend to make it stiff and harsh.

If you want a coat for all-round wear, select a rugged material rather than a soft,luxurious one. Be sure it has a close firm weave and plenty of "body." Too much stretch or "give" will cause the coat to lose its neat, trim appearance.

Napped fabrics are popular, but they tend to show wear rather quickly at points of friction, as at the bottoms of cuffs and pocket openings. Examine the back of a napped fabric to make sure that the nap does not hide a loose weave.

Coat linings should be firm and closely woven and smooth enough in texture to make the garment easy to put on over a wool suit or dress. If possible, examine the inside edges of the lining. If they are frayed badly, seam slippage may be a problem.

Read the tag or label to find out the fiber content of the interlining. Because wool wrinkles less than cotton, it will do more to help a coat keep its good appearance.

Many coats designed for year-round wear have zip-out linings. Examine the material used in the "shell" of the coat as well as that in the zip-out lining. Be sure the zipper works easily and smoothly. Fit the coat with and without the zip-out lining.

CH:lw
8-8-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

Hospital Dietitians Needed--Jobs Going Begging

URBANA--Young women entering college this fall should consider the field of hospital dietetics. At present many positions cannot be filled because of the lack of trained personnel.

Miss Evelyn Smith, in charge of institution management work at the University of Illinois, says the need for hospital dietitians is likely to continue. Positions are being set up in many new areas; and if demands are to be met, more young women must be recruited.

The Army and the Air Force are calling for hospital dietitians. The need is increasing in veterans' hospitals, and the shortage has been acute in civilian hospitals for some time.

Young women enrolling in home economics at the University of Illinois can major in hospital dietetics. The four-year course leads to a Bachelor of Science degree in home economics. A year of intern work in an accredited or a recognized hospital following graduation is recommended.

For information about dietetic training, write to the Home Economics Department, University of Illinois, Urbana, Illinois.

JEH:lw
8-10-51

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FOR RELEASE TUESDAY, AUGUST 14, 1951

Make Washday Easier--Here's How

URBANA--One way to get rid of those "washday blues" is by reducing stooping and stretching while sorting, washing and hanging the clothes.

Home management specialist Catherine M. Sullivan says that research studies at the University of Illinois department of home economics show that one of the main causes of washday fatigue is unnecessary stooping and stretching.

Try these suggestions by the home management specialist:

Sort clothes on a high table--not on the floor. You can make a table by laying planks or an old door across sawhorses, boxes or crates. Or you might put containers on a low table and sort the clothes into them. A hinged sorting shelf or table that folds against the wall when not in use will save space in your laundry or workroom. Then it will be easy to carry them to the washer.

Store your washday supplies near the machine. Keep soap, starches, bleaches and other supplies at a convenient height. Cabinet space or open shelves will be suitable for storing the supplies.

Carrying the basket of wet clothes to the lines is usually the most tiring washday job. Use a coaster wagon, an old tea cart or a frame built on the wheel base of an old baby carriage. Be sure the carrier is sturdy enough to withstand bumping over uneven ground and steps. A cart not only helps to get clothes to the line, but also keeps them within easy reach for hanging.

The research study proved that you can save one-third of the energy needed for hanging clothes by having the clothes basket at a comfortable height. Test your carrier in this way: If the middle of the basket is at your waist level, you can hang the clothes without stooping.

And don't forget to examine your clothesline. A taut line within easy reach will do more than anything else to take the "stretch" out of laundering. Six feet is a satisfactory height for most women.

OC:lw
-10-51

Homemaking
Radio News

NVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 15, 1951

A Washday Helper

URBANA--Make your clothes hamper easier to use by lining it with a removable bag in which clothes can be carried.

Home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture, made this suggestion today to reduce washday fatigue.

Fasten ties of strong tape to the top of the removable bag. Put staples or screw eyes at corresponding places around the top of the hamper. Tie the tape on the top of the bag to the holders at the top of the hamper.

Just one movement will then remove all the clothes from the hamper, and you won't have to waste time or energy bending and reaching for them.

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COC:lw
8-10-51

FOR RELEASE WEDNESDAY, AUGUST 15, 1951

Correct Loads Give Cleaner Clothes

URBANA--Don't overload your washing machine--clothes won't wash clean, they may be damaged, and the motor may be overworked.

Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture, recommends that you follow the manufacturer's directions for both number of pounds and kind of load. She suggests weighing a few articles on a scale to determine how many clothes you can wash at one time.

The size of the articles will make a difference too. For example, an eight- or nine-pound load of sheets alone would be harder on the machine than a combined load of large and small sized pieces weighing the same amount as the sheets.

Here's a simple test to use once the clothes are in the washer: Watch the way the water swishes the clothes around. If the clothes stop turning over--disappearing and popping up again--your washer is overloaded.

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COC:lw
8-10-51

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 16, 1951

Prevent Pickle Failures by Checking Brine Regularly

URBANA--Give regular--almost daily--attention to brined pickles that require several weeks to cure.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says that many failures in pickle-making such as softness, shriveling and slipperiness, start during the brining process.

To prevent these failures, the surface of the brine should be kept free from scum. And salt must be added regularly to keep the brine at its original strength.

Use the proportion of one pound of salt (1 1/2 cups) to 9 pints of water. Prepare one-half as much brine as you have material to be fermented--2 1/2 gallons of brine for a 5-gallon jar.

To prevent diluting the brine, dry the cucumbers after washing. The brine will be weakened by the water extracted from the cucumbers. After 24 hours add about 1 pound of salt for every 10 pounds of cucumbers. Then add 1/4 pound of salt every week thereafter for about 5 weeks, or until the cucumbers are cured.

Place the salt on the plate or other weight device, and allow it to dissolve gradually. Keep the mixture at about 86°F. throughout the processing time.

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OC:pp
-13-51

FOR RELEASE ON RECEIPT

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable markets this week--August 13 to 19--considering prices, quality and supplies, will be sweet corn, green beans, cabbage, tomatoes, watermelon, peppers and selected Carolina peaches.

If you do not have to watch your budget too closely, you'll be interested in honeydew melons, California peaches and grapes.

This information comes from Lee A. Somers, assistant professor of vegetable crop and garden extension, University of Illinois College of Agriculture. He bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

On the market from mid-August until the first light frosts in late September or early October will be the widest selection and the greatest volume of nearby-grown vegetables.

Wise buying and careful selection are necessary to get top quality, because these vegetables come from many farms where they are grown in small amounts and packed without inspection. Many times they lack the uniformity of size, shape, color and degree of maturity of long-distance-shipped vegetables. Best bargains are there, but it takes careful shopping to get them.

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COC:pp
8-13-51

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 17, 1951

Prepare for Fall Sewing by Checking Tools

URBANA--Check your sewing tools and equipment to make sure they are in good condition for the busy fall season.

That's the word from Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, who reminds that good sewing calls for good tools.

Examine your tools for needed repairs. Your scissors may need sharpening, or you may need a new tape measure if the old one is frayed or "stretchy."

Check your sewing box or cabinet to see whether you need more equipment. You'll want tocls for measuring, cutting, marking, sewing and finishing. Planned buying now will save extra shopping trips later.

Take stock of your sewing machine attachments too. If they need to be repaired, take them to your sewing machine dealer. There may be some new attachments which you can use to good advantage. A seam guide and a zipper foot are two that are real time-savers.

You may want to invest in other time- and energy-saving tools. For example, a hem is easier to make when you use a skirt marker; darts and buttonholes can be marked quickly with a tracing wheel.

COC:pp
8-13-51

FOR RELEASE FRIDAY, AUGUST 17, 1951

Use Quality Ingredients for Pickling

URBANA--Use only fresh, top-quality fruits and vegetables for pickling, says Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture.

Keep the good quality by picking cucumbers and green tomatoes within 24 hours of picking, and select fully mature fruits to get the right flavor and texture.

Sort the fruits and vegetables for size if you plan to pickle them whole. If you cut them into sections, be sure that the pieces are uniform.

Use quality ingredients and measure them accurately, reminds Miss Acker. Pure granulated salt is first choice. Salt to which anything has been added to prevent caking tends to cloud the brine.

Fruit vinegars add good flavor, and they are available in many local markets. Use whole spices for cooked pickles. They do not darken the liquid so much as the ground spices. They can be tied in a cloth and cooked with the other ingredients; however, they should be removed before the pickles are packed.

Pickle and relish recipes are available from the University of Illinois College of Agriculture, Urbana. Send for "Suggestions for Making Pickles."

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-13-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 18, 1951

Prepare Some "Peachy" Desserts

URBANA--Delicious--but quick and easy-to-make--that's the keynote for peach desserts suggested today by extension nutritionist Grace B. Armstrong, University of Illinois College of Agriculture.

Golden brown peach crumble is a welcome addition to any meal. To make it, slice eight fresh peaches, place them in a buttered pie plate and sprinkle with a teaspoon of lemon juice.

Blend to a cornmeal consistency three-fourths cup all-purpose flour, one cup brown sugar, two tablespoons butter and one-fourth teaspoon salt. Sprinkle over the peaches and bake in a 350°F. oven for about 30 minutes.

To prepare a peach betty, mix three cups soft bread crumbs, three tablespoons melted butter and one-fourth teaspoon nutmeg. Alternate layers of this mixture with a quart of sliced fresh peaches and one-half cup sugar. The top layer should be crumbs.

Cover and bake in a 350°F. oven for 20 minutes. Then remove the cover and bake for 15 minutes.

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COC:pp
8-15-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 20, 1951

Clean, Oil Sewing Machine Regularly

URBANA--It's time to ready your sewing machine for the busy schedule ahead when you will be sewing back-to-school clothes and garments for your fall wardrobe.

The first step is to clean and oil your machine. Make this a regular practice, says Miss Ritta Whitesel, clothing specialist, University of Illinois College of Agriculture. How often you should do it depends on how often you use your machine.

Lift the head of the machine and study the parts before you start the cleaning job. Your instruction book will serve as a guide.

Use a small brush or a hairpin to remove the lint from around the feed dog and the lower mechanism. Wipe the dirt off other parts of the machine head.

If the head is very dirty, you may need to have the machine serviceman run cleaning fluid through all of the oil holes and the working parts.

Follow the manufacturer's directions for oiling. If you use a solvent to clean the machine, you may have to repeat the oiling process in a few days. And don't forget to lubricate the motor. Consult the instruction book for details.

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COC:pp
8-15-51

FOR RELEASE MONDAY, AUGUST 20, 1951

Use Green Cantaloupes for Pickles

URBANA--A way to use those not-quite-ripe cantaloupes was suggested today by a University of Illinois extension nutritionist.

Miss Grace B. Armstrong says that the firm and slightly green cantaloupes make good pickles. If you cut a cantaloupe open and it is too green to eat, use it for pickles. They're good as party extras and tasty with meat.

Follow these directions suggested by Miss Armstrong:

CANTALOUPE PICKLES

Cantaloupe	1 tablespoon whole allspice
1 cup vinegar	1 tablespoon stick cinnamon
4 cups water	1 tablespoon whole cloves
4 cups sugar	

Cut the cantaloupe into sections of the desired size, and cover them with brine made by dissolving one-fourth cup of salt in each quart of water. Soak the cantaloupe for three hours and then drain it.

Mix the vinegar, water, sugar and spices. Boil this mixture for five minutes. Add the cantaloupe sections to the sirup and boil them rapidly for 10 minutes.

Let the mixture stand overnight; then drain. Save the sirup and boil it until it coats a spoon. Add the cantaloupe and boil the mixture until the cantaloupe is clear. This requires about one hour.

Pack the sections into clean, sterile, hot jars. Cover the cantaloupe with the boiling sirup and seal the jars.

OC:pp
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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 21, 1951

Poor Practice to Ripen Tomatoes on Window Sill

URBANA--The tomato gets a harsh treatment when you place it on the window sill to ripen.

The excessive sunlight it receives on the window sill prevents normal color development or makes the color splotchy, says foods specialists of the Bureau of Human Nutrition and Home Economics, United States Department of Agriculture. Light is unnecessary to produce good red color once tomatoes are picked.

A suitable place to ripen the tomatoes may be in the basement. Between 60° and 70° is right for the ripening process, say the specialists.

Temperatures as high as 80° are also unfavorable to normal ripening. And when you place underripe tomatoes in the refrigerator, you also stop the ripening process and the tomatoes become watery.

COC:lw -30-

Freeze Fruits Separately--Mix Later

URBANA--Fruits to be used in fruit cups should be frozen separately and mixed as needed. That's the word from Dr. Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture.

Tests of frozen fruit mixtures made in the foods laboratory indicated that appearance, color and flavor were only fair. The color of red fruits, such as raspberries, faded into the syrup and was picked up by the other fruits in the mixture. Flavors of the different fruits were neither distinct nor natural.

JEH:lw -30-

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 22, 1951

Study Dishwashing Job to Make It Easier

URBANA--Take a few minutes tomorrow to observe your dishwashing techniques. Once you've studied the job, you may find many ways to cut the required time and make the job easier.

Home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture, says that choosing suitable working space and equipment and working with both hands keeps your time and motions to a minimum.

Examine your working space to see whether it is adequate and suitable. Plenty of sink and cabinet space for washing, rinsing and stacking will speed up the job. If possible, arrange your equipment so that the work progresses in a line without needless trips back and forth.

If your back aches after washing dishes, try adjusting the height of your dishpan with another pan or blocks of wood. Experiment until a comfortable height eases the strain on your back and shoulders.

Use both hands throughout your dishwashing job--from clearing the table to replacing the dishes in the cabinet. Avoid crossing hands during the washing process; hold the dish in the hand that's next to the drainboard or the rinsing pan.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 23, 1951

Parents Need Good Public Relations Toward Children

URBANA--A mutual loyalty should exist between parents and children, says Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture.

Miss Briggs said today that more parents should be doing a good public relations job so far as their children are concerned. Some mothers and fathers, comments the specialist, discuss with other adults the unpleasant behavior of their youngsters; often the story is exaggereated.

When talking to friends about their children, parents should place emphasis on the children's good traits and achievements. A good reputation is an asset to success in life for anyone--and that reputation starts in infancy.

Use truth and discretion when discussing children's achievements. Don't repeat or be too persistent in your discussions; and don't set your child up as being superior to others.

Wise parents should try to correct their children's mistakes at home rather than making them the subject of adult discussions. These mistakes are usually faults of a particular age, and not of the children themselves.

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8-20-51

FOR RELEASE THURSDAY, AUGUST 23, 1951

Garden-Variety Soybeans a Tasty Meal Addition

URBANA--Bring protein-rich soybeans to the table as a meat substitute. And bring them proudly because they're colorful, tasty and nutritious, and they also help to save some of those elusive food dollars.

Extension nutritionist Grace B. Armstrong, University of Illinois College of Agriculture, says the green, garden-variety soybeans should be cooked about 15 to 20 minutes.

Be careful not to overcook soybeans; remember that they do not soften as peas do during cooking. When the beans are cooked long enough, they will have a bright green color and a firm, nutty texture.

Try this recipe for a soybean and carrot ring which makes six to eight servings:

SOYBEAN AND CARROT RING

4 cups grated raw carrot
1 cup bread crumbs
4 eggs
2 teaspoons salt
4 tablespoons melted fat
1 cup milk
2 cups cooked green soybeans

Mix carrots with bread crumbs. Beat eggs and add salt, milk and fat. Add this mixture to the carrot-and-crumb mixture. Pour into a greased ring mold, set in a pan of hot water and bake in a slow oven (325°F.) until firm. Before serving, fill center with cooked green soybeans.

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Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

Best Buysthis Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable markets this week--August 20 to 26--considering prices, quality and supplies, will be sweet corn, tomatoes, peppers, watermelon, green beans, cabbage and Michigan celery.

If you do not have to watch your budget too closely, you'll be interested in good-quality peaches, plums and apples.

This information comes from Lee A. Somers, assistant professor of vegetable cropsand garden extension, University of Illinois College of Agriculture. He bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

Apple harvest time will soon be here. The real harvest of Jonathans will get under way in Massac and Pulaski-Alexander counties about Labor Day. Union and Johnson county apple growers will start harvest a few days later. The flood of apples is expected about September 15-20, when not only Jonathans, but also Grimes Golden, Starking, Red Delicious, Yellow Delicious and other varieties will be in harvest.

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8-20-51

FOR RELEASE ON RECEIPT

College Girls--Ask About Extension Training Jobs

URBANA--Young women slated to go to college this fall should investigate the job opportunities in home economics extension.

Mrs. Kathryn VanAken Burns, state leader of home economics extension, University of Illinois College of Agriculture, says, "Every day for the past several years, we could have placed home economists in extension positions. Vacancies are frequent and numerous, and they occur in work with county adult and youth groups."

Extension work is one of the rapidly expanding fields in home economics, and the outlook is for a further increase in jobs. Urban extension work, practically untouched now, is almost certain to be active when the entering students receive their degrees.

At present the rapid turnover in home adviser and assistant home adviser positions is chiefly caused by marriage. However, married women can return to extension work; in fact, they are usually welcomed because of their understanding of homemaking problems.

Young women in extension work can use their own initiative and originality in developing their county extension programs. Advisers also keep in close contact with home economics research and teaching through frequent conferences and workshops at the University.

General home economics training will prepare a young woman for an extension position. For more information about the training, write to the University of Illinois home economics department, Urbana, Illinois.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 25, 1951

A Cure for "Seesaw" Sewing

URBANA--If you move up and down like a seesaw from the sewing machine to the table or to the ironing board, your sewing is taking more time and energy than is necessary.

The unit method of construction will save some of those motions and will also help to give a better looking garment.

Clothing specialist Fern Carl, University of Illinois College of Agriculture, says the unit method simply means that you do all the sewing you can on one piece of your garment before you start sewing another piece.

Each cut-out piece is a unit. For example, one side of a blouse front is one unit, the other side, the back, and each sleeve are separate units. As these units are sewed together, they form a new unit.

You complete all the processes on one piece of the garment before picking up another piece. For example, you would do the following on the right blouse front:

Staystitch the shoulder, armhole and neckline; sew the underarm dart and waistline tuck darts; attach the interfacing and pockets; make the buttonholes. As you finish a unit, you fold it, put it aside for pressing and start sewing another unit.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 27, 1951

Tips for Hanging Pictures

URBANA--Pictures that seem to hand in mid-air add little beauty to your rooms. In most cases it will take only a minor change to improve the appearance. You might move the picture to another wall or place a piece of furniture below it.

Miss Mary McKee, 4-H specialist in charge of room improvement work, University of Illinois College of Agriculture, says that pictures should be "supported" by furniture. Hang a picture low enough to be seen easily and to form a unit with the furniture below it, she says. It should look as if it really belonged with the furniture.

Consider the size of the furniture and the wall space in relation to the picture. For example, horizontal pictures look well when supported by horizontal furnishings. A large picture needs ample wall space and a "to-scale" piece of furniture. The size and shape of the picture should conform with he size and shape of the wall area, as well as be in scale with the furniture below it.

Boldly patterned wallpaper overpowers a picture unless some ways are used to separate them. A piece of fabric the color of the wall can be placed behind the picture. And a wide mat accents the picture and helps to distinguish it from the paper.

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8/22/51

FOR RELEASE MONDAY, AUGUST 27, 1951

Vegetable Plate--Easy to Do, Attractive

URBANA--A little planning and time help to produce an attractive array of vegetables for your meals.

That's what Illinois 4-H girls enrolled in foods projects say. And they demonstrate their aptness by making colorful, attractive and nutritious vegetable plate arrangements.

Miss Erma Cottingham, 4-H foods specialist, says that many of the girls enrolled in foods projects this year have specialized in the "Use of Fruits and Vegetables."

Relish trays or vegetable arrangements appeal to many people because each person can make his own selection.

One display which received recognition at State Fair was a platter of tomatoes, green peppers, carrots, cucumbers and onions. Each vegetable was sliced and arranged on a section of the plate, so that when one vegetable was removed, it didn't upset the appearance of the platter.

The 4-H'er who presented the demonstration emphasized the color and nutritive value of such an arrangement. Easy service and a saving of time in table clearing and dishwashing were mentioned as other advantages.

Many of the 4-H'ers who demonstrated at State Fair sprinkled chipped ice over their vegetable arrangements. It accented crispness and coolness of the vegetable and also gave the arrangement a professional look.

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8/22/51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 28, 1951

Frozen Cookies for the Lunch Box--How to Package

URBANA--Make lunch-box cookies at your leisure, and store as many as you have space for in your home freezer. It'll help make the lunch-packing job a pleasure.

Considerable testing has been done at the University of Illinois College of Agriculture on the freezing of cooked and prepared foods. Dr. Frances O. Van Duyne, foods research specialist, says that many types of baked cookies can probably be frozen. Use favorite recipes, and follow recommended methods for packaging cookies to be frozen.

In packaging baked cookies for freezer storage, wrap them in convenient numbers for serving. The whole package can go into the luch box in its original wrapping. The cookies will thaw and be ready to eat in less than half an hour.

Baked cookies should be thoroughly cooled at room temperature before being wrapped for freezer storage. Use moisture-vapor-proof cellophane or metal foil for wrapping, seal the packages, label and freeze immediately.

When you wrap layers of moist cookies--like brownies or date and nut bars--together, put a double thickness of wrapping material between the layers to keep them from freezing together.

A copy of the bulletin, "Freezing Cooked and Prepared Foods," is yours for the asking. Write to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR RELEASE TUESDAY, AUGUST 28, 1951

Home Economics Teachers Urgently Needed

URBANA--"Ten job requests for each graduate"--that statement summarizes the urgent need for high school home economics teachers in Illinois.

Miss Letitia Walsh, University of Illinois professor of home economics education, reports that there were more than ten jobs requests from high schools for each home economics education graduate who was seeking a teaching position, and the requests continue to come in.

Young women going to college this fall should consider a home economics education major, she says, because the need is expected to be just as critical four year from now.

Salaries for home economics teachers are excellent; a teacher just out of college receives between $3,000 and $3,500 for nine months.

The four-year home economics education curriculum at the University of Illinois provides a young woman with well-rounded home economics training and special courses in education.

During her junior year, each student receives preteaching experience in the University's laboratory school; one half of the senior year is called a professional semester. Each student teaches for six weeks in a small, or a large, high school of her choice. Enrollment in the high schools ranges from 150 to 1,000.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 29, 1951

Use Zipper Foot for Neat Looking Placket

URBANA--Fall sewing brings questions about inserting zippers. How to get a neat, professional-looking placket is a frequent query.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, says the use of the zipper foot makes inserting zippers quick and easy and gives a professional-looking placket.

This special attachment replaces the presser foot when you are inserting a zipper in a garment. It has a notch on each side so that the needle can stitch close to the zipper teeth, on both right and left sides of the zipper. The result is straight stitching close to the teeth of the zipper.

After removing the regular presser foot, set the zipper foot for your first row of stitching so that the needle is close to the metal of the zipper. Stitch from the lower end of the placket up to the waistline.

For your next row of stitching, move the foot so that the needle fits into the opposite notch. This adjustment makes it possible to do all your stitching without having the foot ride on the metal.

You can buy this attachment, which also serves as a cording foot, in stores that handle sewing machines. Read your instruction book to learn how to use the attachment quickly and efficiently.

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8-24-51

FOR RELEASE WEDNESDAY, AUGUST 29, 1951

Expert Tells Barbecue Techniques

URBANA--Serve barbecued chicken for the family reunion on Labor Day or that last-of-the-season picnic.

Barbecued chicken is delicious; it's easy to prepare and everyone can help, says S. F. Ridlen, poultry specialist, University of Illinois College of Agriculture. And it is also easy on the pocketbook during September, because chicken is in ample supply.

Chickens weighing from two to five pounds may be used for barbecuing, but three pounds is the ideal weight. Halve or quarter the chickens, depending on their weight.

A simple--but good--sauce for barbecuing chickens is made by mixing one cup water, two cups vinegar, one cup (one-half pound) butter and two tablespoons salt. These proportions will make enough sauce for five chickens or for ten people.

Keep the sauce hot and stir it frequently. Dip the chickens into the sauce when you are ready to put them on the fire. Turn and brush them frequently.

Charcoal is excellent for fuel in the barbecue pit. Start the charcoal burning with a minimum amount of fine, dry kindling. Too much kindling heats the pit and may cause the chicken to burn when it first starts cooking. Time required to barbecue a chicken over a charcoal fire is about 45 minutes to an hour.

More details about building the barbecue pit and preparing the chickens are available from the University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

Broiling Chickens and Fish in Good Supply

URBANA--Plenty of chickens for broiling and frying will be on the midwest market during September, say production experts from the United States Department of Agriculture. Hens for stewing or roasting will also be in good supply.

The report released by the department states that numbers of chickens sold from farm flocks during the month are expected to be at or near the peak level of sales for the year. If this is the case, the sale of broiling chickens will be nearly a third heavier than it was a year ago.

Fresh and frozen fish are another protein food on the list for the most plentiful foods in the midwest during September. Records show that there were over five million more pounds of frozen fish in cold storage on the first of August this year than there were a year ago.

Staple foods available in ample quantities at this time are peanut butter and nonfat dry milk solids.

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AJR:lw
8-27-51

FOR RELEASE THURSDAY, AUGUST 30, 1951

Use Time-Saving Tools for Fall Sewing

URBANA--Tools that make for accuracy as well as speed are special helpers for home sewers who are making back-to-school clothes this fall.

Clothing specialist Fern Carl, University of Illinois College of Agriculture, says that two such tools are a tracing wheel and dressmaker's tracing paper. They are used to transfer pattern markings to the cloth.

The tracing device is a small metal wheel with sharp spikes around the edge. The spikes penetrate the pattern, cloth and tracing paper and make a row of fine dots on the cloth. The markings help you make accurate darts, buttonholes and other details.

Use this technique on cotton cloth that is heavy enough to prevent the marks from showing through to the right side. Some of these are chambray, percale, gingham and denim.

Place the tracing paper so that the marks are made on the wrong side of the cloth. These dots come out after several washings if directions are followed. Select tracing paper as light in color as will show on the cloth.

Before you begin to mark the garment, mark a scrap of cloth to determine what is the best color of paper, the necessary pressure to use on the wheel and whether the cloth is too sheer.

Use a light touch when marking the cloth. The line of dots should just be heavy enough for you to see. You don't usually need heavy markings.

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Homemaking
Radio News

NVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 31, 1951

Use Accurate Measuring Utensils, Says Specialist

URBANA--Next time you buy measuring cups, spoons or baking pans,look for a label that tells whether the articles are standardized. Size may be given, or the label may state "tested by the U. S. Government Bureau of Standards."

Home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture, says that accurate measuring and baking utensils can help to insure cooking and baking success.

A three-year study prompted by the American Home Economics Association resulted in these nationally accepted standards. They tell how pans should be measured, what the standard sizes are and how accurate measuring cups and spoons should be.

Because these standards are established, recipe-makers are able to specify particular sizes of pans, use terms with standard definitions and measure ingredients with cups and spoons that are accurate. Homemakers are able to follow a recipe accurately and confidently, knowing that the recipe-makers used the same standard measures.

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FOR RELEASE ON RECEIPT

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable markets this week--August 27 to September 2--considering prices, quality and supplies, will be tomatoes, cabbage, Michigan celery, sweet corn, peppers and cucumbers.

If you do not have to watch your budget too closely, you'll be interested in California grapes and Colorado peas.

This information comes from Lee A. Somers, assistant professor of vegetable crop and garden extension, University of Illinois College of Agriculture. He bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

From late August until mid-September is the time to buy tomatoes for home canning and juicing. Look for smooth tomatoes that are fully ripe and deep red around the stem end.

Late fall vegetables are expected to be of good quality. Carrots, beets, parsnips and other root crops are all doing well. Fall cabbage, cauliflower and broccoli have seldom looked so promising.

The brightest spot in the 1951 fruit picture is the late fall and winter apple crop. The harvest will get under way around Labor Day.

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COC:lw
8-27-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 1, 1951

Broiled Chicken--A Timely Treat

URBANA--Need something different to serve your family or guests? Try a broiled chicken.

Broiling chickens, weighing from one to two pounds dressed weight, will be in heavy supply during September, so it's a good time to use these young, tender birds for special treats. Here are some how-to-do-it tips from food specialist Frances Cook, University of Illinois College of Agriculture:

Cut chickens in half lengthwise for broiling. Larger broilers may be quartered. Brush the seasoned chicken with sauce or fat, and place on a preheated broiler rack with the skin side down. Have the top of the chicken at least four inches from the source of heat.

Broil 10 to 15 minutes, or until the chicken just begins to brown. Then turn the skin-side up, brush with fat and broil 10 to 15 minutes. Repeat the turning and brushing with fat twice again and continue broiling. Five minutes' broiling is enough for the final skin-side-up turn.

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Broiled Chicken--A Timely Treat - 2

A good sauce for brushing the pieces during broiling is made of one-fourth cup of melted butter or margarine, two teaspoons of lemon juice, and one and one-half tablespoons minced parsley.

For variety you can marinate (soak) the pieces in a lemon-butter sauce for about two hours or overnight before broiling. Make the sauce of one-fourth cup of melted butter or margarine, and one and one-fourth tablespoons lemon juice.

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Use Green Tomatoes for Frying

URBANA--Fried tomatoes are a tasty accompaniment to late summer meals. And it's a good way to use those green and half-ripe tomatoes.

Extension nutritionist Grace B. Armstrong, University of Illinois College of Agriculture, says you should use firm tomatoes for frying.

Slice six medium-sized tomatoes about one-half inch thick. Dip them into a beaten egg and then into the mixture that contains one-fourth cup fine, dry bread crumbs or flour, one-half teaspoon salt and a little pepper. Cook in a small amount of fat until brown on both sides.

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COC:lw
8-29-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 3, 1951

Blanch Soybeans in Pod Before Freezing

URBANA--It's easy to freeze soybeans. And the results in color, texture and flavor are "tops."

Foods research specialist Virginia Charles, University of Illinois College of Agriculture, says freezing is the most satisfactory way to preserve green soybeans.

Select only young green beans of the best quality, and process them as soon after harvesting as possible. Varieties tested at the research laboratory and found satisfactory for freezing are Funk Delicious, Hokkaido, Jogun, Willomi, Emperor, Giant Green, Imperial, and Bansei.

Blanch the beans--pod and all--using one pound of soybeans to one and one-half quarts of boiling water. Blanching time is five minutes, counting from the moment the beans are placed in the water. Continue heating the water throughout the five minutes.

Cool the beans thoroughly in cold running water. Hull them and pack in moisture-vapor-proof containers. Seal the containers and freeze the beans immediately.

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8-29-51

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 4, 1951

Use Electric Roaster to Prepare Food for Group Suppers

URBANA--Food for family reunions, pot-luck, and church or community suppers can be prepared in an electric roaster and taken to the supper, roaster and all.

If there's an electric outlet at the gathering place, start the cooking at home, but finish it after you arrive at your destination, suggests Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

Piping hot baked beans, chili, and scalloped potatoes are types of main dishes you can prepare for a gang. You can serve easy-to-fix foods with them, like cole slaw, sliced tomatoes, rolls, a simple dessert and a beverage.

If the event is an outdoor picnic, you'll want to do all the cooking at home, and wrap the roaster in newspapers or in an old blanket to hold the heat en route. But eat the food within an hour or so, cautions Miss Acker, since warm food spoils readily.

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AJR:lw
8-31-51

FOR RELEASE TUESDAY, SEPTEMBER 4, 1951

Blends Are Fabric News This Fall

URBANA--That tweed suit or part wool dress, coat or yardgoods you buy this fall may need your special attention.

Clothing specialist Edna R. Gray, University of Illinois College of Agriculture, says that the news about fabrics appearing on the market for the first time this fall is that many of them are made of a combination of fibers. For example, one blend may be wool, cotton and rayon; another, wool and nylon.

A number of new fibers are being blended with the old wool, cotton and rayon. Some of these new fibers are vicara, orlon and dynel. No one can say exactly with the performance of these blends will be until they are tested through consumer use.

Labels will give information about properties as far as the manufacturer can forecast them. Ask for labels and read them carefully, says Miss Gray.

When you press these new blends or remove a spot, test on a seam or another inconspicuous part of the garment. Avoid using a high iron temperature, cautions Miss Gray. Use a low temperature until you know the reaction of the fabric.

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8-31-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 5, 1951

Store Garden Tools for Safety's Sake

URBANA--When garden harvest is finished, be sure to store those hoes, rakes, spades and other tools in a safe place. You'll protect members of your family from accidents, and also help to keep the tools in good condition.

Mrs. Ruth C. Freeman, family economics specialist and coordinator of the Illinois Safe-Homes program, University of Illinois College of Agriculture, recommends storage away from passageways, steps and busy work areas.

You may want to hang the tools on the wall of the garage or shed, or store them in a special cabinet. Take time to hang the tools securely.

Pay special attention to the blade or the metal part of a hand tool, such as the hoe, trowel or spade. Clean it and then dip it into motor oil. Hang it up with the handle downward.

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COC:lw
8-31-51

FOR RELEASE WEDNESDAY, SEPTEMBER 5, 1951

Sauerkraut--Use Glass Jars for Small Amounts

URBANA--If sauerkraut is on your "food favorites" list, then this is your year. The cabbage crop is heavy, and the price is reasonable.

Use glass jars for putting up small amounts of kraut, suggests food and nutrition specialist Frances Cook, University of Illinois College of Agriculture. One-gallon mayonnaise or pickle jars can be used, or else use regular canning jars that have wide mouths and glass lids. Two pounds of shredded cabbage, thoroughly mixed with four level teaspoons of pure granulated salt is the right amount to fill a quart jar.

Miss Cook emphasized that the brine in the jars should cover the packed cabbage-salt mixture throughout the fermentation process. Insert small wooden strips endwise so they catch under the neck of the jar. Separate the strips from the kraut with pads of clean white cheesecloth. The wooden spoons that come with cups of ice cream can be used in ordinary fruit jars; or else use wooden tongue depressors which can be bought at a drug store.

Leave the lids of the jars slightly loose so the brine can overflow during fermentation. Keep the jars at a fairly constant temperature of about 70° F.; fermentation should be over after about ten days when the brine level will drop rather suddenly.

When this happens, remove the cheesecloth and wooden strips and fill the jars to within one inch of the top with a 2½-percent brine (2 tablespoons of salt to a quart of water). If the kraut is to be used within a few weeks, seal the jars and keep in a cool place.

Otherwise, press the cabbage down firmly with a spoon to release gas bubbles, fill jars with brine, and heat in a boiling water bath for 30 minutes before tightening the caps and storing away.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 6, 1951

Choose Lima Bean Variety Suitable for Freezing

URBANA--Freeze green lima beans that are at the right stage for eating, says foods research specialists, University of Illinois College of Agriculture.

And choose a variety that is especially suitable for freezing. Tests at the research laboratory show that the following varieties rate "good": Baby Potato, Early Market, Fordhook 242, Peerless, and Triumph.

Hull the beans and remove the white ones that are too mature. Then blanch one pound in three quarts of boiling water for three minutes. If you have a larger utensil, increase the amount of water and beans proportionately. Count the blanching time from the moment the beans are placed in the water.

Cool the beans in cold running or ice water. Drain thoroughly and pack in moisture-vapor-proof containers. Rectangular cartons with cellophane bags attached inside are good for packaging vegetables. Freeze immediately.

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COC:lw
8-31-51

FOR RELEASE THURSDAY, SEPTEMBER 6, 1951

Add Tomatoes for Complete Broiler Meal

URBANA--Before the tomato season passes, be sure to feature tomato halves as part of a broiler meal.

Miss Frances Cook, food and nutrition specialist, University of Illinois College of Agriculture, suggests that you broil tomatoes with such combinations as hamburgers and mashed potato patties, Canadian bacon and pineapple slices or salmon steaks and cooked potato slices.

Simply cut firm medium-sized tomatoes in half crosswise, and place a thin slice of mild onion on each half. Season with butter or margarine, salt, pepper and a little sugar. Place about three inches from the heat, and broil until the onion is crisp and the tomato is soft, possibly 10-12 minutes. Serve as soon as the broiling is completed.

Miss Cook says that vegetables and fruits for a mixed grill should be ones that can be broiled as long as the meat, or that can be added when the meat is half done and ready to be turned, as tomatoes.

A free booklet "It's Easy to Broil" gives many ideas for broiler meal combinations, plus recipes and complete directions. You can get your copy by writing to the University of Illinois College of Agriculture, Urbana, Illinois.

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Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 7, 1951

Modern Methods--A Way to Make Good-Looking Garments

URBANA--Want to know how 4-H girls make such good-looking garments?

One of the reasons is that they use modern construction methods, says Miss Florence Kimmelshue, 4-H clothing specialist, University of Illinois College of Agriculture.

About 80 percent of the 4-H Club garments modeled in the clothing revue at the State Fair this year were made with modern construction methods.

Some of these modern methods are fitting the pattern before cutting, staystitching, basting on the sewing machine, stitching seams with the grain of the cloth and finishing seam edges according to the firmness and weight of the cloth.

The 4-Hers say that fitting the pattern carefully before cutting saves time as well as material. To fit the pattern, they first pin in such details as darts and pleats. Next, they pin the pieces of a pattern together exactly at the seam lines. Necessary alterations are made on the pattern after it is removed.

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Staystitching is another modern method used by 4-Hers. This step prevents stitching of curved edges. A row of machine stitching is made one-eighth to one-sixteenth inch outside the seam line.

Basting the sewing machine way helps to give the garments a professional look. The 4-H girls use the basting for marking such details as centers, pockets or buttonholes. They set the machine for basting by lengthening the stitch to about six per inch.

Seams should be stitched with the grain of the cloth. When sewing bias seams, the girls stitch from the wide end of a section of the garment to the narrow. For example, they stitch skirt seams from the bottom to the top, and shoulder seams from the shoulder to the armhole.

Another step that helps 4-H garments rate "tops" is the seam finishing. Seam edges are finished only enough to keep them from raveling.

The seams on cloth of medium firmness are finished by machine-stitching about one-eighth inch from the edge of the cloth. Other seams are stitched and overcast or pinked. Seams that are turned under and stitched back are used on garments where the seam will show, such as on unlined jackets or boleros.

COC:lw -30-

Try These Peeling Tricks

URBANA--Save time and temper when peeling tomatoes by giving them a pre-peeling treatment, say food specialists of the University of Illinois College of Agriculture.

Stroke the skin with the back of a knife until the skin is loosened. Or run the tip of a fork into the tomato and rotate it over a flame until the skin wrinkles slightly.

COC:lw -30-
3-31-51

FOR RELEASE ON RECEIPT

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable markets this week--September 3 to 9--considering prices, quality, and supplies will be sweet corn, cabbage, onions, green beans, peppers, selected tomatoes and cooking apples.

If you do not have to watch your budget too closely, you'll be interested in honeydew and Persian melons and brussel sprouts.

This information comes from Lee A. Somers, assistant professor of vegetable crop and garden extension, University of Illinois College of Agriculture. He bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

September is apple harvest month. Jonathan and Starking apples are already in harvest in southern Illinois. Color and quality are good. Mid-September will find these varieties being harvested in central Illinois. And the harvest of Red Delicious, Grimes Golden, Yellow Delicious, Stayman and Willow Twig will follow closely.

Lima beans and Moors early grapes will be on the market this week and the fall crop cabbage, cauliflower, broccoli, endive, Chinese cabbage, spinach and other greens will give us abundant harvests in late September and October.

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DOC:pp
9-4-51

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 8, 1951

Fresh Pork Should Be Cooked 'til White

URBANA--Avoid the danger of exposing your family to a trichinosis infection by making sure all the fresh pork you serve is completely cooked, says Miss Frances Cook, University of Illinois food specialist.

Thorough cooking destroys dangerous organisms that may be in the pork. The meat will have lost its pink color, and will be white when it is ready to eat.

A good method for preparing pork chops and pork steaks is to braise them--that is, to brown the meat and then cook it slowly in moist heat in a covered pan.

Sometimes homemakers are tempted to broil fresh pork, because this method is so quick and convenient; however, broiling of fresh pork should be avoided because of the danger of undercooking. Also, much of the flavor of pork is in the fat, and broiling melts the fat away.

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JR:lw
9-5-51

FOR RELEASE SATURDAY, SEPTEMBER 8, 1951

Nutrition Group Meets September 29

URBANA--The Illinois Nutrition committee will hold its annual fall meeting at the St. Nicholas hotel in Springfield, Illinois, Saturday, September 29.

Medical, nutrition and home economics experts will discuss health and nutrition. Reports will also be given on civil defense and findings of the Mid-century White House conference for children and youth.

The meeting will be held from 9 a.m. to 3:30 p.m. DST, and it is open to everyone. A small registration fee will be charged.

COC:lw -30-

Frozen Food Inspection Increases

URBANA--More frozen foods were government inspected during 1950-51 than the previous fiscal year. Quantity of frozen fruits and vegetables inspected jumped 45 percent.

The U. S. Department of Agriculture reports that federal inspectors were on hand in 134 processing plants to see that food was packaged under sanitary conditions and that quality standards were met.

A small shield on a frozen foods package gives proof of their presence. It states: "Packed under continuous inspection of the U. S. Department of Agriculture." Where the inspectors graded for quality in those 134 plants, you may find a stamp which reads U. S. Grade A, B, or C.

COC:lw -30-
9-5-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 10, 1951

Green Peppers Rich in Vitamin C

URBANA--It's green pepper time again. While the supplies are good, use peppers frequently to add color, flavor and vitamin C to your meals.

Foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture, says that a medium-sized green pepper gives more than twice as much vitamin C as a medium-sized tomato.

Serve the peppers as the main part of your meal by stuffing them with ham and rice, Spanish rice, or any combination of meat and extender such as bread or rice. Bake until tender.

Salad combinations are numerous. Combine shredded cabbage, diced celery and onion juice with green peppers. Or substitute chopped sweet pickles for the onion juice.

If your family likes gelatin salads, add shredded cabbage, diced celery, green peppers and stuffed olives to lemon gelatin.

Cream cheese and green peppers team up to give a tasty salad. Stuff a pepper with cream cheese and refrigerate. Just before serving, slice and place on lettuce.

COC:lw
9-5-51

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Homemaking Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 11, 1951

Food Costs Record Farm Families about $165 per Person

URBANA--Your income is not the only fact that determines how much money you spend for food.

So says Mrs. Ruth C. Freeman, family economist, University of Illinois College of Agriculture, who summarized 166 farm family account records for 1950.

"Families tend to spend more for food as their net cash income increases, but many individual families in the summary group reversed this procedure," she says. For example, about one-half of the families in the $4000 to $9000 income group spent less than the yearly average--$165 per person. And only about three-fourths of the families in the $1000 to $4000 bracket kept their food costs below the $165 average per person.

Why? Mrs. Freeman says it may be the amount of farm-raised food, careful selection and good management, ages of children, amount of entertaining, gifts of food to children away from home, and family tastes.

If you want to cut corners on food costs, examine those facts, as well as the distribution of your income.

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COC:pp
9-7-51

FOR RELEASE TUESDAY, SEPTEMBER 11, 1951

Prevent Crystals in Grape Jelly

URBANA--One way to keep crystals from forming in grape jelly is to let the fresh juice stand overnight, or for several days, in a cool place. Then strain the juice without disturbing the sediment before making it into jelly.

Or you may want to can the juice and store it. In this method the jelly is made as needed.

Miss Geraldine Acker, food specialist, University of Illinois College of Agriculture, says that crystals may also be prevented by adding one-fourth to one-half as much tart apple juice as grape juice.

If grape jelly is made from juice that contains too much tartaric acid, crystals may form in the jelly, giving it a gritty texture. These crystals are often sharp and needlelike, and make the jelly unedible.

Crystals may form in fruit jelly from other causes also. The juice may have been boiled too long before the sugar was added so that the two were not boiled together long enough. Sometimes too much sugar has been used, especially with juices that are low in acid.

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AJR:pp
9-7-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER,12, 1951

Quick Method for Canning Grape juice

URBANA--If you've a harvest of Concord grapes, and little time to work with them, you can use this quick method for canning grape juice.

The juice is not pressed out of the grapes, as in the conventional method, says food specialist Geraldine Acker, University of Illinois College of Agriculture.

Wash and stem firm, well-ripened grapes, and pack the cold grapes into clean, not fruit jars. The jars should be a third to a half full of grapes.

Add a fourth to a half cup of sugar to each quart jar of grapes, and fill the jars to the top with boiling water. Then adjust the lids, and process for ten minutes in a boiling water bath (for quart jars).

The juice will be ready for use after about three weeks. You'll want to strain the juice before using it.

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AJR:pp
9-7-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 13, 1951

Apple Specials--Easy-to-Make, Tasty

URBANA--The Illinois fall apple harvest is in full swing, and the supplies are good. Treat your family to some apple specials--pie, cake, muffins, bread, cookies or applesauce.

An all-purpose variety that's excellent for baking, cooking, and eating out-of-hand is the Jonathan apple, says foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture.

Make a flavorful apple cake in short order time. Just top a muffin or yeast batter with chopped raw apples, cinnamon and sugar.

Add special tastiness to your applesauce by flavoring it with lemon juice and cinnamon. Or combine the applesauce with peeled and cubed oranges. Another variation is to add blanched and chopped almonds and cinnamon to the applesauce.

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COC:lw
9-10-51

FOR RELEASE THURSDAY, SEPTEMBER 13, 1951

Illinois Recognized for Home Safety Work

URBANA--The Illinois Home Economics Extension Service has given "exceptional service to home accident prevention during the year 1950-51." So states the national Award for Merit announced today by the National Safety Council.

The Illinois Safe-Homes Program, sponsored by the home economics extension service in cooperation with the Illinois Home Bureau Federation, was organized in 1943 to help prevent home accidents during World War II. Delving into the cause of home accidents and means of preventing them are home advisers, safety chairmen, and home bureau members throughout the state.

Detailed home accident reports are studied to find the real causes of accidents and to make suggestions for eliminating those causes. Through this continuous state-wide program, Illinois families are beginning to understand that home accidents are preventable. They are realizing that such accidents as falls and burns are not in themselves the cause of accidents but are the result of one or more unsafe condition or unsafe home practice, which they, through cooperation, can correct.

Home management specialist Gladys J. Ward with a home economics extension committee originated and coordinated the program until Miss Ward's retirement in March 1951. Since then, family economist Ruth C. Freeman has taken over.

COC:lw
9-10-51

FOR RELEASE THURSDAY, SEPTEMBER 13, 1951

Safely Stored Poisons Never Harmed a Child

URBANA--You don't let a child play with something too precious to lose or have broken--are you as careful about things that can harm him?

"Out of reach for safety's sake" should be the slogan of each adult member of the family, reminds Mrs. Ruth C. Freeman, family economist specialist and coordinator of the Illinois Safe-Homes program, University of Illinois College of Agriculture.

Disinfectants,cleaning compounds and insecticides--in kitchens, bathrooms and workshops--belong either in locked cabinets or up high out of the reach of children. Store all medicines as carefully as you do the jars and cans marked "poison."

Scissors, knives, pins and other sharp instruments hold a strange attraction for children. Use scissors with blunt points for small jobs around the house; store knives in special holders or on high shelves.

Remember that this is a strange and new world to your pre-school child. Expect him to try to find out about it by tasting, poking, pulling or pushing each new thing he sees. Don't let him make a tragic discovery of something harmful to him.

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COC:AJR:lw
9-10-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 14, 1951

Preschoolers Like True-to-Life Stories, Pictures

URBANA--Fairy tales and pictures of make-believe ideas are too advanced for a preschool child, says Miss Helen Marshall, child development specialist, University of Illinois College of Agriculture.

The preschooler is chiefly interested in the things he sees every day, like toys, trains, airplanes, animals and people. He is confused by such things as purple cows and green pigs since these are not true-to-life. Characters like Mother Bear are no longer animals to him but people, and he is interested in the things they do.

Books with pictures that tell a story are best for the toddler under two years of age, says Miss Marshall. A written story is not necessary. Pictures should be distinct, with bright, intense colors but not pastel colors, she says.

If you read to a two-year-old child, he will be able to concentrate for about three minutes. A three-year-old can probably listen for eight minutes, and a four-year-old may listen for 15 minutes. If the story is to be read 50 to 100 times, it can be longer. Children like to hear the same story again and again, until they've learned it.

AJR:lw
9-10-51

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FOR RELEASE FRIDAY, SEPTEMBER 14, 1951

Nutrition Meeting Set for September 29

URBANA--A research associate from the Michael Reese Hospital, Chicago, and an associate director of health education for the American Medical Association are two medical experts who will speak during the fall meeting of the Illinois Nutrition committee at Springfield, Illinois.

Saturday, September 29, is the date for the meeting to be held at the St. Nicholas hotel from 9 a.m. to 3:30 p.m. DST. The meeting is open to everyone. A small registration fee will be charged.

Dr. Jeremiah Stamler, Michael Reese Hospital Medical Research Institute, will discuss "Atherosclerosis" and Dr. William Bolton will speak on "Food Fads and Fallacies."

Dr. Janice M. Smith, professor of nutrition and head of the University of Illinois department of home economics, will tell the group about "Recent Developments in Nutrition."

A report on Illinois' role in civil defense will be given by Mrs. Kathryn VanAken Burns, state leader of the Illinois home economics extension service. And Miss Leone Pazourek, Illinois Department of Public Health and president of the Illinois Home Economics association, will explain findings of the Mid-century White House conference on children and youth.

A University of Illinois professor of home economics education, Miss Letitia Walsh, will discuss the psychology of nutrition.

COC:lw
9-10-51

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FOR RELEASE ON RECEIPT

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--This week--September 10-17--the best fresh fruit and vegetable buys on Illinois markets--considering price, quality and supply--will be sweet corn, green beans, cabbage, selected tomatoes, peppers, Jonathan apples for eating, and other apples for cooking.

This information comes from Lee A. Somers, assistant professor of vegetable crop and garden extension, University of Illinois College of Agriculture. His summary is based on special reports from fruit- and vegetable-growing areas throughout the state.

Homemakers who plan to buy tomatoes for home canning or juicing may have to do a good deal of shopping around. Weather conditions have been unfavorable, resulting in a scarcity of good tomatoes. The buyer needs to hunt for them. The season for sweet corn is nearly over.

Leafy vegetables like endive, escarole, and Chinese cabbage are making their appearance on the markets.

An early variety of pear, the Garber, is in full harvest now; the big Kieffer pears which form the bulk of the crop will be ready for harvest in late September and October.

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AJR:lw
9-10-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 15, 1951

Serve Broiled Fish Sandwiches for Luncheon

URBANA--A ready-in-a-jiffy luncheon dish good for that busy washday or shopping day is a broiled tuna sandwich with cheese.

Foods specialist Frances Cook, University of Illinois College of Agriculture, says that it is also a meat alternate penny-saver. Tuna fish and cheese provide the protein in this broiled sandwich. And you can use other fish according to your family tastes and availability.

BROILED TUNA SANDWICH WITH CHEESE

4 slices bread
7-ounce can tuna fish
2 tablespoons horseradish
2 tablespoons salad or mayonnaise dressing
Salt
Pepper
1/2 cup grated cheese

1. Toast bread on one side.
2. Make a tossed salad of the tuna fish, horseradish, dressing, salt and pepper.
3. Spread salad to edges of untoasted side of bread.
4. Sprinkle top of each sandwich with two tablespoons grated cheese.
5. Place low in the broiler, and broil until thoroughly heated and cheese is melted. Serve hot.

COC:pp
9-12-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 17, 1951

Farm Families Rate Equipment Needs

URBANA--Four pieces of household equipment rate highest on the list of "musts" for Illinois farm families.

According to the Farm Family Spending and Saving summary for 1950, the electric washing machine, refrigerator, sweeper and electric or gas range are owned by nearly all of the 151 farm families whose records were summarized.

Mrs. Ruth C. Freeman, family economist, University of Illinois College of Agriculture, states that ownership of other household equipment is determined largely by net cash income level. Once a family owns the above equipment, their choices vary as to the purchase order of additional equipment such as freezers, electric sewing machines, hot water heaters and ironers. Variations are caused by family wants and needs.

About 80 percent of the families had hot water-heaters and nearly half owned electric sewing machines. Ninety-three percent of the 151 families either owned a home freezer or rented a locker or both. Home freezer owners numbered 45 percent. And almost two-thirds of the families rent a commercial freezer locker.

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COC:pp
9-12-51

UNIVERSITY OF ILLINOIS
LIBRARY

FOR RELEASE ON RECEIPT

Foods Jobs--Varied and Numerous

URBANA--Opportunities in the commercial field for young women trained in foods and nutrition are varied and numerous.

Whether a girl is interested in research, public relations, or general foods positions, the jobs are available, according to commercial company requests received this year by the University of Illinois department of home economics.

Some of these job requests were for a laboratory technician, research worker in meat cookery, test kitchen director to develop recipes and do some editorial work, one to do baby foods research and foods service organizer.

While the concentration of this particular major at the University of Illinois home economics department is on foods and nutrition, other courses in home economics, as well as those in art, psychology, sociology, literature, physiology, and economics are included.

Advanced study leading to masters and doctors degrees prepares young women to be college teachers, extension specialists and foods and nutrition research experts.

More information about foods and nutrition courses is available from the department of home economics, 109 Bevier Hall, Urbana, Illinois.

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COC:pp
9-12-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 18, 1951

New Home Economics Building Planned for Illinois

URBANA--Preliminary studies are being made for a proposed home economics building at the University of Illinois, reports Dr. Janice M. Smith, head of the department of home economics.

The University of Illinois board of trustees has approved $45,000 for preliminary architectural work for complete studies preparatory to the final working drawings and specifications for the building.

Increased enrollment in the home economics department emphasizes the need for more space, facilities, and personnel to train the influx of young women who will be tomorrow's homemakers and professional home economists.

Fourteen percent of the women in undergraduate and professional work at Illinois were enrolled in home economics the first semester of 1950-51. And from 1947 to 1950, the students enrolled the fall semester in home economics increased almost 150.

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COC:lw
9-14-51

FOR RELEASE TUESDAY, SEPTEMBER 18, 1951

Shopper's Coat Design Makes Good General-Purpose Coat

URBANA--Designed by specialists in the Bureau of Human Nutrition and Home Economics is a coat that Miss Edna Gray, University of Illinois clothing specialist, reports has a place for everything--even the shopping list and pencil with which to check off items as purchased.

The design is loose fitting for wear over a suit. It has raglan sleeves for ease of movement and a long front zipper closing which makes it ideal for a stormy-weather garment.

A hood and shoulder cape give extra rainy-weather protection. Drawstrings pull up the hood to keep it from blowing off on windy days. And the cape adds extra thickness for more protection from heavy showers.

To make this coat water repellent, stain-and crease-resistant fabrics are new on the market this year. These rayon and wool blends are coming in attractive small houndstooth checks and color combinations that will make good-looking all weather coats. Fabrics of this type are easy to handle and especially good for inexperienced sewers.

For a copy of the leaflet "Shopper's Coat," write the University of Illinois College of Agriculture, Urbana.

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COC:lw
9-14-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 19, 1951

Family Breakfast--"Filling Stations" for Body

URBANA--Families who don't eat breakfast are like drivers who start a trip with scarcely any gas. If they keep driving on reserve energy, soon none will be left and they'll be using materials needed for body growth and repair.

It's up to the homemaker to see that her family starts the day with a good breakfast--fruit, cereal, milk, and some form of bread with butter or fortified margarine. For variety, serve bacon, eggs, or meat instead of or in addition to the cereal.

Miss Harriet Barto, nutritionist, University of Illinois College of Agriculture, says that much of the malnutrition found in school children is due to an inadequate morning meal. A child is not experienced enough to make important decisions about the food he eats. Such decisions should be made for him.

Since children learn most of their food habits by copying adults, parents might well remember that it's far easier to prevent food prejudices than it is to correct them. A good example is an effective way to help form good habits.

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Family Breakfasts - 2

If your child seems to go through stages of eating, eating not so well, and eating scarcely at all, try to discover the reason and correct it. Remember that talking about a child's bad habits in front of him will only make him more determined to do as he pleases.

AJR:lw

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Use Soft Fabrics for Gathered Skirts

URBANA--Dirndls--or straight gathered skirts--are good sewing problems for beginners. They are teen-age favorites, worn by the tall and the short, the fat and the lean. But they look better on some girls than on others.

Why? Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says the choice of fabric for a gathered skirt ought to be made in relation to the silhouette it will produce on the wearer.

A soft clinging fabric with a dull texture and color, and without a pattern, looks well on the greatest number of figures. To avoid a plump look, steer away from materials with a stiff and shiny surface and a large flower pattern. The plump girl may find that a gored skirt is more flattering than a gathered skirt.

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AJR:lw
9-14-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in fresh fruits and vegetables on Illinois markets this week--September 17 to 23--considering prices, quality and supplies--are cabbage, onions, peppers, selected tomatoes, Jonathan and Delicious apples for eating and several varieties of green apples for cooking.

This information comes from Lee A. Somers,assistant professor of vegetable crop and garden extension, University of Illinois College of Agriculture. His summary is based on special reports from fruit- and vegetable-growing areas throughout the state.

Color and quality of Jonathan and Delicious apples are extra-good this year. It's a good time now to buy a bushel of medium-sized apples. This size is especially good for children to eat out of hand.

Michigan Concord grapes and Bartlett pears are now ready. The big Kieffer pears from the Centralia—Mt. Vernon—Alma region will be harvested in early October.

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COC:lw
9-17-51

FOR RELEASE THURSDAY, SEPTEMBER 20, 1951

Use Underripe Grapes for Cold Jelly Method

URBANA--A quick and easy-to-make grape jelly is yours when you use the so-called cold method.

Foods specialist Geraldine Acker, University of Illinois College of Agriculture, says that grape jelly made in this way retains more of the fresh fruit flavor than the boiled jelly.

Make the jelly by simply warming the extracted grape juice and then adding one and one-half cups of sugar for each cup of juice. Stir the mixture until all of the sugar is dissolved. Then pour it into sterilized jars, and cover with paraffin.

Be sure to use juice from grapes that are slightly underripe; overmature fruit lacks the pectin and acid needed for making jelly.

COC:lw

-30-

Leafy Vegetable Harvest Starts

URBANA--Harvest time for green leafy vegetables starts this week, says Lee A. Somers, assistant professor in vegetable crop and garden extension, University of Illinois College of Agriculture.

Cabbage, broccoli, cauliflower, Chinese cabbage, endive and escarole will be in harvest until about September 30.

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COC:lw
9-17-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 21, 1951

DeKalb, Henry Counties Have German Visitors

URBANA--Two German women are living with farm families in DeKalb and Henry counties to observe American rural life, home economics extension teaching and home economics classes in high schools.

These women are Miss Aleida Maria Frahm, a teacher in an agricultural school and secretary of the German Women's organization, and Miss Ingeborg Von Poser, a graduate student in agriculture.

Members of a group of six German women who have been in this country since August 1, they are visiting Illinois to gain a better understanding of home economics extension work so that they can strengthen home economics programs in Germany.

After observing the extension organization at the University of Illinois home economics department for several days, the women left Urbana to live in DeKalb and Henry counties. There they will attend home economics extension meetings with the home adviser, observe home economics teaching in high schools and visit rural elementary schools. Later they will visit other county home advisers.

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COC:lw
9-17-51

FOR RELEASE FRIDAY, SEPTEMBER 21, 1951

Farm-Produced Food--a Way to Stretch Income

URBANA--Farm food production can do a lot to help stretch your income to meet all the demands made on it.

Records summarized by the Illinois extension service showed that Illinois farm families produced more than half of the food they consumed last year.

Mrs. Ruth C. Freeman, family economist, University of Illinois College of Agriculture, reports that on the average 166 farm families from 53 counties produced $599 worth of eggs, meat, milk and garden and fruit products for family consumption and purchased food worth $586.

Families on the $1000 to $2000 income level used farm-furnished food to provide two-thirds of the total food eaten. Even as income increased, the families keeping records continued to produce about the same amount for consumption, but they spent more at the grocery store. Thus farm-furnished food represented a smaller proportion of their total food supply. For example, on the $7000 to $8000 level, forty percent of the total food was farm-furnished.

The money value of farm-furnished food for 11 different income levels varied from $461 to $707. Differences from one income level to another were surprisingly slight. For example, families of the same size with $3000 to $3500 net cash income used $707 worth of farm-furnished food. Those on the $4000 to $5000 level used farm food worth $666.

COC:lw
9-17-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 22, 1951

Use Keiffer Pears for Canning

URBANA--Add to your canned fruit supply by preserving some Keiffer pears this fall. This hard-type pear is ideal for canning, says foods specialist Geraldine Acker, University of Illinois College of Agriculture.

Ginger pears will be a welcome accompaniment to your winter meals. Here's how to make them:

GINGER PEARS

5 lb. Keiffer pears
1/3 cup preserved ginger
3 cups sugar
5 lb. sugar
3 lemons, juice and grated rind

Remove the skin and cores from the pears and cut into lengthwise strips. Add water and cook until the pears are tender.

Add sugar, juice, grated lemon rinds and ginger, cut into small pieces. Simmer the mixture until it is thick. Pour into hot sterilized jars and seal.

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COC:lw
9-19-51

FOR RELEASE SATURDAY, SEPTEMBER 22, 1951

Five Ways to Help Prevent Colds

URBANA--The common cold and its complications are responsible for more illness and loss of time from work than all other diseases combined.

That's what health specialist Pauline Brimhall, University of Illinois College of Agriculture, says as she recommends that every cold be regarded as the possible beginning of a communicable disease.

Many people regard a cold as of no great importance, since they don't feel sick enough to go to bed. But the chance of damage to vital organs of the body, such as the heart and kidneys, warrants painstaking care to avoid colds.

These five practices will help to prevent a cold and its complications, says Miss Brimhall:

1. Avoid conditions which lower body resistance to infection. Two of these are fatigue and exposure.
2. Practice good personal hygiene by washing your hands frequently and covering coughs and sneezes.
3. If someone in your family has a cold, isolate him.
4. Blow your nose gently at all times to reduce the danger of spreading infection to the nasal sinuses and the middle ear.
5. Provide for prompt and safe disposal of nose and throat discharges. A grocery bag or newspaper bag can serve this purpose.

COC:lw
9-19-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 24, 1951

Thread Tricks to Speed Your Sewing

URBANA--Shorten the time it takes to darn socks, hem skirts or do other hand-sewing jobs by trying these suggestions made today by Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture:

Use a short thread. It won't knot or break so easily as a long one. Pulling a long thread repeatedly through the cloth tends to weaken it. And less time is needed to pull a short thread through the cloth as you make each stitch.

Another time-saving trick is to thread the needle before you cut the thread from the spool. This also tends to prevent knotting and kinking.

And, so that you'll have a needle handy and already threaded for the next sewing job, thread the needle before you put your sewing away. Don't cut the thread from the spool, but make a knot in the end of it.

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COC:lw
9-19-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 25, 1951

Make Tasty Pear Salads--Here's How

URBANA--Fresh pear salads are happy additions to early fall meals. It's easy to vary them according to family tastes and favorites.

Foods specialist Geraldine Acker, University of Illinois College of Agriculture, has some suggestions for flavorful pear salads.

Stuffed pear salads are easy to make. Cream cheese or mayonnaise may be combined with fruit, vegetables or nuts. Cheese fanciers may want to substitute Roquefort cheese for the cream cheese.

Marinate peeled and cored pears in French dressing, and then place them on lettuce. Fill the hollow with whole seedless grapes, cream cheese or a celery-nut-mayonnaise mixture. Use any fruit-nut combination that is a favorite with your family.

Another variation is to put candied ginger, chopped nuts or minced celery in the hollow of the pear. Or use a mixture of all three foods.

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COC:lw
9-21-51

FOR RELEASE TUESDAY, SEPTEMBER 25, 1951

Use Special Patching Technique for Knitted Undergarments

URBANA--When patching your youngster's undergarments, remember that knitted ones require a special type of mending. Because the cloth stretches, the patch and its stitching must "give" with it so that the stitches won't break.

Clothing specialist Fern Carl, University of Illinois College of Agriculture, suggests one method that will be satisfactory:

Use material that matches the garment or is of similar construction, weight and appearance. Place the part of the garment to be mended in embroidery hoops so that the hole is stretched and the fabric smooth. Then cut the patch the same shape as the hole and at least three-fourths inch larger. Don't turn in the edge of the hole or the patch unless the material is light in weight.

Place the patch under the hole on the wrong side of the garment, and match the ribs of the patch with those of the garment. Pin the patch in place.

Baste the patch to the garment on the edge of the patch and also on the edge of the hole. Then catch-stitch or "cat-stitch" the patch in place, working from left to right.

Take the first step of the cat-stitch through the two thicknesses of cloth and the next through a single thickness just off the edge of the patch. The stitches should be small and close together. Their depth and the distance between them will depend on the type of material.

COC:lw
9-21-51

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 26, 1951

Be Alert to Cancer Signals

URBANA--Early diagnosis and treatment are essential in order to prevent deaths from cancer. Regular examinations by your family physician are "musts."

And homemakers should also learn the signs that may mean their family members have cancer, says Miss Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

Here are some danger signals you should know:

1. A silent swelling, mass or "lump" may be one sign. Any abnormal persistent swelling of the neck, eye, abdomen, pelvis, breast, arm, thigh or leg should be heeded.

2. Pressure symptoms such as headache, nausea, and vomiting not associated with eating may be another signal.

3. Visual changes indicated by stumbling or turning the head so that an unaffected eye may be used for vision might also mean cancer.

4. An unsteady gait, dizziness or inability to use a leg or arm without pain could be another symptom.

5. The cause of changes observed in disposition, physical and mental accomplishments, and social adjustment should also be examined.

6. Illness that doesn't run a normal course may mean cancer.

These danger signals could also indicate diseases other than cancer. Consult your doctor immediately for a thorough check-up.

COC:lw
9-21-51

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

(Note to Editors: This is the final "Best Buys" report for the 1951 season.)

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in fresh fruits and vegetables on Illinois markets this week--September 23 to 30--considering prices, quality and supplies--are cauliflower, cabbage, dry onions, green beans, spinach and other greens and eating and cooking apples.

This information comes from Lee A. Somers, assistant professor of vegetable crops and garden extension, University of Illinois College of Agriculture. His summary is based on special reports from fruit- and vegetable-growing areas throughout the state.

The Illinois apple crop will be about 25 percent above the 1950 crop and 16 percent greater than the 1941-50 average. It is predicted to reach the 3,600,000-bushel mark. This big crop has extra-good color and quality. Buy several bushels for use this fall and winter.

The late cabbage and cauliflower crop will be ready for harvest in October. Reports from Union county say that the sweet potato harvest is well under way. And the bulk of the horseradish crop will be harvested in October and November.

COC:lw
9-24-51

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FOR RELEASE THURSDAY, SEPTEMBER 27, 1951

Highlight Pear Desserts in Your Fall Meals

URBANA--Easy-to-make pear dumplings are a tasty addition to your meals. You can use a baking powder biscuit recipe to make them.

Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture, says pear desserts are now timely. Quality of Michigan Bartletts is good, and wholesale prices are low, according to reports from U. S. Department of Agriculture marketing specialists.

Here's how to make the pear dumplings: Roll the dough to one-fourth inch and cut into six-inch square or round shapes. Then arrange two halves of peeled and cored pears on each pastry section. Season with a mixture of sugar, cinnamon and lemon rind. Sprinkle lightly with lemon juice.

Fold the pastry around the pear, and seal the edges. Prick to allow steam to escape. Brush with melted butter and bake at 375° for about 30 minutes.

Try your hand at a baked pear dessert. Select well-shaped pears, pare and core them and arrange in a baking dish. Fill the centers with brown sugar, raisins and nuts. Sprinkle sugar and cinnamon over the pears, and bake in a moderate oven until tender. Take to the table topped with whipped cream.

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COC:lw
9-24-51

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 28, 1951

Children Like Food That Is Easy to Handle, Eat

URBANA--Ways to make your family's fare easy to eat and pleasing for your children were suggested today by foods specialist Geraldine Acker, University of Illinois College of Agriculture.

Slice vegetables or cut them into oblong pieces; they're easier to eat than those cut into cubes. And cut cooked spinach so that it won't be stringy. Remove or cut the skins of baked fruits and vegetables into bite-sized pieces. They'll be easier to handle and chew.

Starchy foods like rice, potatoes, mashed vegetables and creamed dishes should be neither thick and sticky nor too soupy to eat with ease.

When you broil bacon for your children, make it just medium soft; if it is too dry,it may cause choking and vomiting. Cut meat and hard foods into strips or bite-sized pieces so that a child can eat them with his fingers.

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COC:lw
9-24-51

FOR RELEASE FRIDAY, SEPTEMBER 28, 1951

Specialist Suggests Egg-Buying Guides

URBANA--Some mental figuring at the counter can help you decide which eggs are the better buy--the pullet or the extra-large ones.

Poultry marketing specialist E. E. Broadbent, University of Illinois College of Agriculture, suggests two guides to help you choose the better egg buy.

One is to compare cost per pound. Weight classes according to U. S. Department of Agriculture consumer grades, with the minimum weight per dozen, are as follows:

Small (or pullet)	18 oz.
Medium	21 oz.
Large	24 oz.
Extra Large	27 oz.
Jumbo	30 oz.

Follow these weights to compare prices per pound. Or, if eggs aren't graded according to size, ask the storekeeper to weigh them for you. For example, you'll find that large eggs at 80 cents a dozen cost 53 cents a pound; small eggs selling for 50 cents a dozen are 44 cents a pound.

The other guide suggested by Broadbent is: If extra-large eggs cost more than one and one-half times pullet eggs of the same grade, the pullet eggs are the better buy.

Be sure to compare eggs of similar quality. Some of them may be graded, but most Illinois eggs are not graded at the present time.

COC:lw
9-24-51

Homemaking
Radio News

NVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 29, 1951

Attend Nutrition Meeting Today

URBANA--The Illinois Nutrition Committee is holding its annual fall meeting at Springfield, Illinois, today. Family and community health and nutrition is the theme of the day's meeting, which begins at 9 a.m. DST.

Headquarters for the conference are at the St. Nicholas hotel. The meeting is open to everyone. A small registration fee will be charged.

Medical and nutrition experts and home economists will discuss health and nutrition. Reports will also be given on civil defense and findings of the Mid-Century White House Conference for children and youth.

University of Illinois speakers are Dr. Janice M. Smith, professor of nutrition and head of the department of home economics: Mrs. Kathryn Van Aken Burns, state leader of the home economics extension service; and Miss Letitia Walsh, professor of home economics education.

COC:lw -30-

Keiffer Pears Need Cool Storage Place

URBANA--Select firm and mature Keiffer pears for storage. They'll keep longer than the ripe ones.

And store them in a cool place--the basement or garage, says Lee A. Somers, specialist in vegetable crops and garden extension. For best keeping, temperature should be around 34° to 40° F.

COC:lw -30-
9-26-51

FOR RELEASE SATURDAY, SEPTEMBER 29, 1951

Correct Temperature Can Extend Meat

URBANA--One easy "meat extender" is using the correct cooking temperature and method for a particular cut.

That's what foods specialist Geraldine Acker, University of Illinois College of Agriculture, said today as she urged, "Let's get the most out of the meat we buy."

Meat cooked at low moderate temperatures (325° F.) gives more servings that are juicier and better flavored than that cooked at high temperatures.

Research has shown that in many homes from 15 to 20 percent of the meat shrinkage resulting from high cooking temperatures can be prevented by using low temperatures.

Cooking method is as important as the correct temperature. Tender cuts of meat are best cooked by dry heat, the less tender ones by moist heat.

Some methods of cooking by dry heat are broiling, pan-frying and roasting (without a cover). Correct method and low temperature will give you more and tastier servings.

When you have less tender meat cuts, braise or cook them in liquid at a low temperature. Simmer, don't boil, and you'll get more and tastier servings.

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COC:lw
9-26-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 1, 1951

Varied Experiences Help Children Learn Many Skills

URBANA--While your older children are going to school is a good time to let the small fry help with jobs around the house.

Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture, says it's also a good time for more close companionship between parents and preschool children. Mom has more time to help the youngsters learn new skills and to give them a chance for new experiences.

Children cram in more learning between the time they learn to walk and the time they go to school than they possibly can in any amount of time later. They learn with every bit of their bodies--mouth, ears, eyes, nose, feet and hands.

Give your children varied experiences around the home so that they can learn many different skills and habits. Your young son or daughter may want to help you make the bed, dust or bake some cookies. It will be a new adventure and will also give the child a chance to learn how to share family responsibility. He will feel more secure and a part of the family group when he can help.

COC:lw
9-26-51

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Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 2, 1951

Specialist Suggests Baked Apple Treats

URBANA--Next time you bake apples, add a surprise by topping them with a lemon sauce or stuffing them before baking.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, suggests some baked apple variations that make them into special treats.

The lemon sauce variation takes little extra time. Just bake the apples until almost tender, and then pour the sauce over them and bake for 15 minutes. You can serve them either hot or cold.

Prepare the sauce by combining a slightly beaten egg with one-half cup of sugar, one-fourth cup of milk, two tablespoons each of butter and lemon juice and the grated rind of one lemon.

Use one cup each of chopped bananas, chopped cranberries and sugar with one teaspoon of cinnamon for stuffing the apples. Fill the apple cavities with this mixture. Cover and bake in a moderate oven (375° F.) for 30 or 40 minutes. Serve hot or cold with cream.

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COC:lw
9-28-51

FOR RELEASE TUESDAY, OCTOBER 2, 1951

Make Repairs Before Reupholstering Job

URBANA--Check the sturdiness of a piece of furniture before you begin a reupholstering job.

Home furnishings specialist Dorothy J. Iwig, University of Illinois College of Agriculture, says that necessary repairs should be made before you do the upholstering. Springs may need to be tied, broken sections glued or bracing added on legs of chairs or tables.

To tie the springs, fasten heavy twine at the top of a spring on one side, stretch it across to the other side and tie it. Then go to the next spring and repeat the process. Tie each spring in at least four places; for extra strong construction, tie in eight places.

When you finish tying the last spring in a row, fasten the end of the twine to the frame opposite the starting point. Drive a large tack partly into the frame, and wind the twine around it once.

Then, as you pull down the springs and draw the twine tight, drive the tack into the wood. When all front-to-back rows are tied, tie the side-to-side rows in the same way. To get the eight-place tying, tie twine diagonally across the section.

If you must glue broken sections, be sure to remove all old glue before applying new, and brace with a vise until the glue is thoroughly dry. Fill deep holes and cracks with wood filler or shellac gum. Or you can use sawdust (same as the wood). Mix it with glue and fill the hole. Smooth the surface.

COC:lw
9-28-51

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 3, 1951

Protect Your Children From Burns

URBANA--A few extra precautions can prevent burns or scalds to your children. And these safety practices may even prevent a death.

Mrs. Ruth C. Freeman, family economist and coordinator of the Illinois Safe Homes program, University of Illinois College of Agriculture, says all family members should constantly observe safety rules, particularly when there are children in the family. She suggests these ways to prevent painful and costly burns to your children:

Keep matches in metal containers and away from tiny hands. Place pots, pails or pans containing hot liquids or food out of reach. Turn pot handles away from the edge of the stove and table so that the youngsters can't grasp the handles and spill the boiling liquid on themselves.

Don't take the risk of setting a pailful of hot water on the floor for even a second. One Illinois infant sat down in a pail of scalding hot water placed momentarily on the floor. Results were burns on 60 percent of its body.

When you burn leaves, paper or rubbish this fall, be sure that an adult is always present. And use a covered fine wire mesh basket or metal container for burning them.

COC:lw
9-28-51

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 4, 1951

Use Ladder, Stepstool for Reaching Jobs

URBANA--Falls in homes claimed 13,000 lives last year. Have you checked your rooms recently for hazards that cause falls?

These hazards are usually found on stairways, porches and in the bathroom and kitchen. Here are some tips to help you remove them, suggested by Mrs. Ruth C. Freeman, family economist and coordinator of the Illinois Safe Homes program, University of Illinois College of Agriculture.

Use a sturdy stepladder or stepstool to reach high cabinet shelves and storage spaces. Other reaching jobs, such as washing windows and light fixtures and hanging curtains and draperies, also require a solid footing.

Examine your ladder or stepstool often to see that it is in good condition. Whenever you start to do a reaching job, remember that stacked boxes, chairs and stools invite tragic falls.

Next check the stairways in your house. Examine the handrails for firmness and strength, and repair them when they are weak and when sections are missing. Make it a habit to grasp the railing

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Use Ladder, Stepstool for Reaching Jobs - 2

when you do down the stairs. Watch where you go; don't carry objects that obstruct your vision.

When stair coverings become frayed or boards broken, repair them immediately. And the number one family rule should permit no one to leave any items on the stairs.

Another way to prevent stairway falls is to have adequate lighting. Provide two-way switches at the bottom and top of all stairways. And under no circumstances should you wax the stairs.

COC:lw

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FOR RELEASE THURSDAY, OCTOBER 4, 1951

Serve Baked Beans in Extra-Special Way--Here's How

URBANA--Add extra tastiness to canned baked beans by combining them with bacon and onions in a broiler sandwich.

Foods specialist Frances Cook, University of Illinois College of Agriculture, says that the beans and bacon provide some protein at budget costs.

To prepare the sandwiches, butter six slices of toasted bread and spread with about two cups canned or left-over baked beans. On each open-face sandwich, place an onion slice and two half slices of bacon.

Arrange in the broiler pan and place in the broiler so that the tops of the sandwiches are three inches from the heat.

Broil for about eight minutes, or until the bacon has cooked as much as desired. Serve hot.

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COC:lw
10-1-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 5, 1951

Store Some Plentiful Apples--Here's How

URBANA--Apple treats galore can be yours if you store several bushels of apples correctly this fall.

Cool and dry are the two "musts" for correct storage. Your shed or garage will be suitable until the first frost. But after that the apples should be transferred to your basement if it is dry.

That's the advice from Lee A. Somers, specialist in vegetable crops and gardening extension, University of Illinois College of Agriculture. He says the Illinois apple crop is expected to reach the 3,600,000-bushel mark this year. And the apples have extra-good color and quality.

Jonathans are good storing apples, he says. Starkings and Red Delicious are not quite so good. If you buy these varieties, use them within several months.

Sort the apples carefully before storing. And remove any that are slightly bruised for quick use.

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COC:lw
10-1-51

FOR RELEASE FRIDAY, OCTOBER 5, 1951

Sweet Potatoes Need Special Care

URBANA--You'll have sweet potatoes on your table for a longer time if you handle them carefully and store them correctly.

Sweet potatoes spoil quickly if they have any bruises or injuries. And they should be stored in a dry place, where the temperatures are neither hot nor cold.

B. L. Weaver, specialist in vegetable crops, University of Illinois College of Agriculture, says that the basement or furnace room in the average home--with temperatures of about 55° F.--is a good storage place for sweet potatoes. If the floor is damp and cold, you can suspend a bushel basket from the ceiling by hanging the handles over nails driven into the floor joists.

Dig sweet potatoes when the vines turn yellow or are killed by frost. If the vines freeze, cut them off close to the ground as soon as possible so that the frost can't travel to the roots.

If you can choose a warm day to dig your potatoes, let them dry in the wind and sun before you bring them inside. Sort them, and store in slatted crates or baskets so that the air can circulate freely. Keep any damaged potatoes separate so that they can be used first.

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10-1-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 6, 1951

Serve Fish With Tasty Sauce

URBANA--Turn to fish for some of those meals that have to help stretch your food dollars.

The U. S. Department of Agriculture reports that whiting and ocean perch stocks in cold storage are unusually large this fall. Fresh yellow perch and Canadian yellow pike are also in good supply.

Foods specialist Geraldine Acker, University of Illinois College of Agriculture, says that fish is as good a protein food as meat. She suggests adding variety and tastiness to fish through the use of sauces. Two you may want to try are cucumber and lemon cream sauce.

To prepare cucumber sauce, pare a cucumber and dice it finely. Combine it with two tablespoons vinegar, one-fourth teaspoon onion juice, 1/2 teaspoon salt, and a dash of cayenne. If desired, you may add 1/4 cup minced pimentos. Let this sauce stand for several hours before serving. An easy way to get onion juice is to squeeze the onion on a reamer just as you would squeeze a lemon.

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If you prefer a richer sauce, try this one:

LEMON CREAM SAUCE

2 cups milk	1/4 cup butter
Grated rind of one lemon	2 tablespoons flour
Sprig of parsley	2 tablespoons lemon juice
1/4 teaspoon salt	Dash of mace or thyme

Scald the milk with the lemon rind, parsley and salt in the top of a double boiler. Cover and cook 15 minutes. Blend the butter and flour. Pour the strained milk into it, stirring constantly.

Return mixture to double boiler and cook 10 minutes longer. Remove from the heat and add the lemon juice and mace or thyme.

COC:lw -30-

Toast Cauliflowerets in Broiler

URBANA--Here's a special way to prepare cooked cauliflower before you take it to the table:

Brown cooked cauliflowerets in the broiler after dipping them in melted butter or margarine and crushed cereal flakes, suggest foods specialists at the University of Illinois College of Agriculture.

To broil, arrange them on the rack and place three inches from the heat. Broiling takes about 12 to 15 minutes.

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COC:lw
10-3-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 8, 1951

Plan for Child Care at Group Meetings

URBANA--When you attend an adult group meeting, do you expect your youngster to sit patiently while you try to participate in the program?

This practice isn't good for either you or your child, says Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture.

Mothers of young children need the educational help and social relaxation which can be gained through participating in such meetings. Children need successful experiences in playing with other children and associating with adults other than their parents.

All children need activity. And because adult meetings don't usually interest them, it's advisable to plan group play with supervision so that all possible physical dangers will be removed.

Here are some things to consider when starting a program for the children: Plan a definite, safe and pleasant place for the children to meet. Appoint one person to be in charge of each meeting, with an ample staff to assist. (In nursery schools, one adult for every seven children is recommended.)

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Collect enough materials and toys to provide good play experiences for the children. Plan a way to transport the equipment for each meeting. And appoint a committee to keep toys sanitary and in good condition.

Serve party refreshments that won't spoil the child's appetite for supper. It's a good idea to set an early serving time.

Be careful not to bring into the group a child with symptoms of disease. If a child becomes ill after he joins the group, immediately separate him from the others.

COC:lw -30-

Tips for Using Corduroy, Velvet in Home Sewing

URBANA--When you're making a garment from corduroy or velvet, be sure to pay attention to the up and down of the material.

Place all pieces of the pattern in one direction, says textiles and clothing specialist Florence King, University of Illinois College of Agriculture.

If part of the garment is cut in one direction and another part in the opposite direction, the light reflection won't be the same. Some parts of the garment will look lighter than others.

This same rule should be followed for materials with a nap, twill weave or woven or printed design, says Miss King. It pays to use more material when placing the pieces of the pattern in one direction than to use less material and have unmatched pieces.

COC:lw -30-
10-3-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 9, 1951

Keep Child's Evening Meal Light

URBANA--That last meal your child eats before bedtime may help to determine whether his night is disturbed or restful.

Miss Harriet Barto, nutrition expert, University of Illinois College of Agriculture, says that a child's small digestive tract is easily disturbed; and if he goes to bed soon after he eats, his day's last meal should be light and easy to digest.

The nutritionist cites research in which children from 4 1/2 to 8 years old were studied for five months to determine their movements during sleep after three types of meals had been served. One meal was made up of foods that mothers thought were suitable, another was cereal and milk with easy-to-digest accessories and the third was the same as the family meal.

Most movements were made when the children had the family supper, and fewest when cereal and milk was the principal dish.

Some easy-to-digest meals, as suggested by Miss Barto, have simply prepared lean meat, eggs, fish or chicken as the main dish. A few examples are a broiled meat patty, creamed chicken or fish on toast or scrambled eggs.

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One or two vegetables (perhaps a cooked and a raw one), milk, bread and butter and a simple dessert are suggestions for easy-to-digest accessories. A simple dessert might be cooked fruit--either fresh or dry--plain ice cream or custard.

Don't serve meals that are rich in fat or large in volume, says Miss Barto. Gravy or fat meat is taboo, as are rich desserts, such as cakes or pies. A large amount of sugar can cause gas formation or fermentation which makes the child uncomfortable during the night.

COC:lw
10-5-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 10, 1951

Specialist Suggests Lima Bean, Sausage Casserole

URBANA--A main dish that's rich in protein but easy on the budget is baked lima beans with sausages.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, suggests this recipe, which makes six tasty servings:

BAKED LIMA BEANS WITH SAUSAGES

Temperature 450° F. Time: About 30 minutes

1/2 pound (1 1/4) cups dried lima beans
1/2 medium sized onion, chopped
3 tablespoons chopped celery
1 1/2 teaspoons salt
1/8 teaspoon pepper
Clove of garlic
9 small link sausages

1. Soak the beans and cook, adding celery, salt, and pepper to the water. Drain if there is too much water.
2. Rub the casserole with garlic, and grease lightly.
3. Turn the beans into the casserole, arrange the sausages over the top and place in a hot oven until the sausages are browned and cooked through.

COC:lw
10-5-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 11, 1951

Buy Quality Cauliflower--Here's How

URBANA--White cauliflower heads are taking the plentiful spotlight at vegetable counters. While prices are reasonable, serve this vegetable in a variety of ways.

Look for quality when you buy cauliflower. Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture, says that the head should be white or creamy white, clean and solidly formed. Bright green leaves indicate freshness, whereas yellow leaves and spreading flower clusters mean poor quality.

Keep an eye on the clock as you cook cauliflower. Flowerets will take about 10 to 15 minutes, and you'll need to allow 25 to 30 minutes for the whole head.

Serve the cauliflower with a tasty cheese sauce. Or season it with poppy seeds, celery seed or paprika.

You can also fry the cauliflower in deep fat. Just dip the flowerets into a thin cover batter, roll them in crumbs and fry quickly in hot fat. The fat temperature should be between 375° and 385° F.

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COC:jo
10/8/51

FOR RELEASE THURSDAY, OCTOBER 11, 1951

Specialist Explains Needle Types

URBANA--Using the correct size and type of needle may help to speed your hand sewing jobs and make them easier for you.

Textiles and clothing specialist Florence King, University of Illinois College of Agriculture, says that you should select a needle according to the fabric and the thread you use.

Sewing needles are of several types, and each type is sold according to size. The long sharps are a good choice for general dressmaking, while the extra-long millinery needles are used for hand basting in dressmaking. The medium-length ground-downs are suitable for fine sewing. And a logical choice for tailoring are the short betweens.

Sewing heavy materials, suchas ticking and canvas, requires a number four or five needle and 16 to 24 thread. A number five or six needle and 30 to 40 thread should be used on heavy work clothes. This team is also good for making buttonholes and sewing buttons on medium-weight fabrics.

When you sew prints, chambrays and ginghams, use a number eight needle and 80 to 100 thread. For heavier materials, such as sheeting and cretonne, sew with a number six or seven needle and 50 to 70 thread.

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COC:jo
10/8/51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 12, 1951

Buy Knife With Eye to Blade, Handle, Grasp

URBANA--Examine a blade carefully the next time you buy a knife. The quality of the knife depends largely upon its materials and construction.

Home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture, suggests that you check a knife carefully before you buy--particularly the blade, the most important part of a knife.

You'll want a knife that will take and hold an edge. High-carbon steel blades will do this, but they stain and rust. And stainless steel won't take an edge or hold one. If you want a stainless blade, your best choice may be chromium plating on high-carbon steel.

Poorly balanced knives or those that are hard to handle can be a safety hazard. Try a handle for a comfortable grasp; too short a handle may cause the finger to slip onto the blade.

Then examine the handle for strength and durability. The metal blade should extend well into the handle, with two or three good-sized rivets to hold it together. Handles made of smooth hardwood, rubber or plastic take hard wear, while those that are varnished, painted or stained tend to rub off or peel.

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EBH:jo
10/8/51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 13, 1951

Add Appetite Appeal to Main Dish--Here's How

URBANA--Next time you use cheese and eggs as the protein providers in a casserole dish, add a special treat by using mushroom soup, almonds and bacon with them.

Foods specialist Mrs. Pearl Janssen, University of Illinois College of Agriculture, says that both cheese and eggs need moderate temperatures to keep their tenderness. She recommends using a double boiler for melting the cheese for the souffle.

MUSHROOM CHEESE SOUFFLE

Temperature: 375° F. Time: 1 hour

- 1/4 pound snappy cheese
- 1/2 cup cream of mushroom soup, undiluted
- 2 tablespoons chopped, blanched almonds
- 2 egg yolks
- 2 egg whites, stiffly beaten
- Salt and pepper
- 2 tablespoons chopped cooked bacon

1. Slowly melt the cheese in a double boiler; add the soup gradually, stirring constantly.

2. When the mixture is well blended, add the egg yolks; cook slowly, stirring constantly until slightly thickened. Season to taste.

3. Fold into stiffly beaten egg whites.

4. Pour into the casserole which has been greased on the bottom. Sprinkle with bacon and almonds.

5. Set the casserole in a pan that contains as much hot water as their is souffle in the casserole. Bake.

COC:lw
10-10-51

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 15, 1951

Use Laundry Cart to Save Bending, Steps

URBANA--A laundry cart is the answer to how to eliminate the washday bending or stooping needed as you reach for clothes and pins from a basket on the ground.

Placing the basket at waist level directly under the line and moving the basket along with you saves steps as well as eliminates bending, says home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture.

You can buy a cart at a store where laundry supplies are sold, or you can make one at home. Necessary materials and specifications are listed in a sheet which is available on request. Small wheels, such as those used on baby buggies or children's wagons, are recommended when the cart will be used on rough ground.

The cart takes up little storage room because it is collapsible. And you can use any sized clothes basket; one that is 18 by 24 inches is most convenient for handling.

Write for "Laundry Cart" today. The address is 206 Bevier hall, Urbana, Illinois.

COC:lw
10-10-51

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 16, 1951

Accessible Storage for Toys Teaches Self-Help

URBANA--Ample storage space for toys is important now, when your youngsters will be spending more playtime indoors.

Accessibility stimulates the storage habit. Toys and playthings should be easily stored and removed so that your children will learn self-help, says Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture. Parents should place a little emphasis on toy storage, each day, because this habit is learned gradually, she says.

A special corner with open-shelved bookcases, chests or boxes with built-in shelves is ideal. Or, if space is limited, you may want to use the lowest shelf of the family bookcase to store toys.

Boxes on wheels and small mesh bags are especially suitable for blocks or small pieces of wood. Your small fry will be able to move the boxes quickly from one room to another for play and storage.

One suggestion is to paint an orange crate and place it on rollers; or you can use some potato or onion bags for pieces of wood. If your children like to play in the kitchen, perhaps you can give them a cabinet shelf or drawer for toys and some of your discarded pans or utensils with which they like to play.

COC:lw
10-12-51

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FOR RELEASE TUESDAY, OCTOBER 16, 1951

Specialist Explains Orlon's Properties

URBANA--Have orlon curtains caught your eye at your local department stores? If so, you've no doubt wondered about orlon's properties.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, says that one outstanding advantage of orlon is its ability to keep its shape despite extreme changes in humidity. Homemakers who have experienced a "drooping" in curtains during damp weather will appreciate this property.

Orlon fabrics, such as marquisette, do not absorb much dirt. And the small amount they hold is easily removed in washing.

Orlon curtains are quick to dry and require little ironing. Light pressing with a warm iron--about 300° to 320° F.--is all that is needed. But be careful not to have your iron too hot or the material will turn yellow.

A strong fiber, orlon provides excellent resistance to microorganisms and insects. It is not affected by gas fading and does not weaken from exposure to sunlight, as do cotton and other cellulose fibers.

Women who want to sew with orlon when it is available in yardgoods will find that it cuts easily and sews with little puckering.

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COC:lw
10-12-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 17, 1951

Specialist Gives Tips for Removing Rug Stains

URBANA--Use a brush to help remove stains from carpets and rugs. A brush gets deep into the pile, while a cloth touches only the surface of the rug.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, recommends washing stains in the direction of the pile--not crosswise of it. Use a thick, soapless lather for the first step in removing the stain. After you finish the lather treatment, wipe the spot with a clean cloth that has been dipped into clear warm water and squeezed to remove excess moisture.

If this treatment does not remove all of the stain, follow with a grease solvent, such as carbon tetrachloride. Use a brush to get the solvent well into the pile.

If these two treatments do not completely remove the stain, start all over again, says Miss King. Repeat the lather and solvent treatment to remove the remaining stain.

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COC:lw
10-12-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 18, 1951

Specialist Gives Steps for Carpet Repair Job

URBANA--You can repair those worn or burned spots in your carpet at home.

If you have a matching piece of carpet,replace missing or damaged tufts with others taken from the extra piece. If you don't have a matching piece, you can pick extra tufts from the selvage of the carpet. Or you can use yarn to fill the bare spot.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, says you'll need carpet thread and a small-sized curved upholstery needle or a long darning needle for the repair job. If you use yarn to fill in the bare spots, select carpet yarn or a coarse knitting yarn closely matched to the carpet.

To repair the bare spot with tufts, first catch the threaded upholstery needle under a yarn of the carpet foundation and fasten the thread by taking two or three short stitches. Make a loop in the thread by pulling the last stitch only part way through, and then place three or four loose tufts into the loop. Hold the tufts between

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your thumb and forefinger while you pull the threads tight to anchor them in place.

Repeat these steps until the bare spot is completely filled. Be sure to use enough tufts to make the pile as compact as the rest of the rug.

If you repair the bare spot with yarn, you can use either of the two needles. Slip the threaded needle under a crosswise yarn in the carpet foundation. Draw the yarn part way through, leaving a loop one-fourth to three-eighths inch long. Make several loops close together and then clip them. Continue to make more loops, clipping as you go. Then shear the new tufts so that they are even with the rest of the rug.

COC:lw -30-

Handy Card Is Egg-Buying Helper

URBANA--Write today for a handy egg-buying card that can help to speed your shopping and save some food money.

The U. S. Department of Agriculture card, "What Size Eggs Are the Best Buy Today?" is yours on request from the University of Illinois. This blotter-sized card determined prices per pound for five different egg sizes--small, medium, large, extra large and jumbo. It also shows prices at which certain sizes are equally good buys.

Poultry marketing specialist E. E. Broadbent, College of Agriculture, says that when you use these cards you must be sure to compare prices of different sizes of only eggs of the same grade.

Write to 206 Bevier hall, Urbana, Illinois, for your card, "What Size Eggs Are the Best Buy Today?"

COC:lw -30-
10-15-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 19, 1951

Back-Savers Are Energy Savers

URBANA--Backaches or tense neck muscles are cues for you to examine your housework posture. Bending over your work throws one of your major body weights--head, chest or hip--off-line; then those muscles must maintain the upset balance.

Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture, has some tips for using your body effectively through correct posture.

High work surfaces and long-handled cleaning equipment help to prevent bending, she says. And a laundry cart can help to reduce washday fatigue. Even if you don't have a laundry cart, you can save some energy by stooping to get the clothes from the basket, rather than bending your back.

When you pick heavy weights off the floor, first kneel so that your back is straight, and then lift by pushing up with your legs. Save energy when carrying heavy loads by using the opposite arm for balance or distributing the weight by carrying with two arms. And carry the load close to the center of your body.

The University of Illinois Home Economics Extension Service has an illustrated sheet, "Back-Savers," which is yours on request. Write to 206 Bevier hall, Urbana, Illinois.

COC:lw
10-15-51

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 20, 1951

Speed Last-Minute Repairs With Extra Sewing Box

URBANA--Keep a small sewing basket or box in the kitchen for those last-minute calls for needed buttons or snaps before your youngsters go to school.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, says, "Many times you don't notice those missing or loose buttons until coats are on and the school bus is due in a few minutes. When you have needles, thread, extra buttons, a small pair of scissors and other sewing equipment in a special place in the kitchen the repair job will take but a few minutes."

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"Weigh" Oranges in Hand When Buying

URBANA--Here are some orange-buying tips from Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture.

Look for oranges that are firm and heavy for their size. "Weigh" them in your hand as you buy them. And remember that oranges with a slight greenish tinge may be just as ripe as the fully colored ones.

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COC:pp
10-17-51

FOR RELEASE SATURDAY, OCTOBER 20, 1951

Don't Rush "Toilet Training"

URBANA--Most parents start "toilet training" for their children too early and too vigorously, believes Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture. Many times outside pressures influence parents to start too early.

Children should be old enough to understand what you're trying to do, reminds Miss Briggs. Time is wasted and personalities often affected when parents expect a 10- or 18-month-old child to cooperate in bathroom regularity.

Mothers should wait for the child to show willingness and readiness to practices bladder and bowel control. As the child grows, he gradually becomes able to master bladder control and can tell when he needs to go to the bathroom.

One way to condition your child to toilet training is to let him go to the bathroom with various members of the family. But he should not be high-pressured into using his "toilet-training" chair.

Remember that each child has a different rate of growth; how and when you start this practice must be adapted to each particular child's maturity and his physical capabilities.

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COC:pp
10-17-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 22, 1951

Children Should Know What They Can, Can't Do

URBANA--Too many inconsistent "no's" to what your child can and can't do are apt to confuse and frustrate him.

Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture, says, "For his own security, every child needs to know how far his 'boundaries extend, or exactly what he can do."

If one day you let your youngster play with pots from your kitchen cupboard without any scolding, and the next day you spank him the minute he opens the door, he's apt to rebel with a tantrum or refusal to eat or go to bed. A child is adaptable, but he is also frustrated by rules that are changed by parents' moods or emotions.

Both parents should decide exactly what their child can and can't do, and then "stick to their guns," says the specialist. When they say "no," the child should understand that they mean it. Parents should not be afraid of the child's tantrums; the important thing is for them to keep composed and expect the child to conform to their decision.

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COC:pp
10-17-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 23, 1951

Protect Against Halloween Fires--Here's One Way

URBANA--If your youngsters are going to Halloween parties this year, you may want to flameproof their costumes or the sheet they'll use to play "ghost."

Textiles and clothing specialist Florence King, University of Illinois College of Agriculture, describes a flameproofing technique that has proved successful in tests at the home economics textiles laboratories.

Mix seven ounces borax, three ounces boric acid and two quarts of water. Spray the solution on the costume or the sheet with a hand spray gun. Or, if you wish, dip the garment or sheet into the solution. The material will stay flameproofed until it is laundered.

Remember that flameproofing is not the same as fireproofing. But the flameproofing treatment is a worth-while precaution, as it will retard the spread of flames.

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COC:lw
10-19-51

FOR RELEASE TUESDAY, OCTOBER 23, 1951

Make Use of Shallow Spaces for Storage

URBANA--When you search for extra storage in your house, be sure to pay special attention to spaces that are only 4, 8, or 12 inches deep.

Miss Helen E. McCullough, research expert, University of Illinois College of Agriculture, says, "Spaces that are shallow from front to back can be used--and efficiently--when the depth is geared to the articles that will be stored there."

Research on household storage at the Illinois home economics department has developed units with depths suitable to the stored items, making all of them easy to see, easy to reach, and easy to grasp. These units are simple, and there is no waste space between shelves.

Narrow (4-inch) shelves are ideal for storing glassware, processed and packaged foods, cleaning supplies, flat utensils and carpentry tools that hang up. You don't have to spend extra minutes taking out a glass or package to get another that is stored behind it.

Most books or canned and large packaged foods fit well on shelves that are 8 inches deep, while magazines, toys, bathroom linens, dinnerware, business papers and many other supplies can be functionally stored on 12-inch shelves.

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COC:lw
10-19-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 24, 1951

Serve Spinach Special Ways--Here's How

URBANA--While spinach is in good supply at your local markets, delight your family by preparing it several special ways.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, reminds housewives that spinach is an excellent source of vitamin A and a good supplier of vitamin C (ascorbic acid).

One special way to prepare spinach is to pan it, she says. Just melt a small amount of fat (or use diced bacon, if you wish) in a heavy pan, and add the spinach and seasonings. Cover the pan tightly and heat until steam beings to form. Then reduce the heat and cook until tender--about 3 to 5 minutes. Stir several times to prevent burning.

Another way to add tantalizing flavor to spinach is to season it with nutmeg, marjoram or mint. Use 1/8 to 1/4 teaspoon of the powdered seasoning. If fresh mint is available, add about 1 tablespoon to the cooking water.

And, too, don't forget to serve spinach "as is." Raw spinach is good mixed with other greens, such as lettuce or endive. Or try it with a hot bacon dressing.

COC:lw
10-19-51

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 25, 1951

Make Toys at Home for Christmas Giving

URBANA--Both parents and children get creative experiences when they make toys at home for Christmas. And it gives them a chance to become better acquainted.

That's what child development and family relations specialist Margueritte Briggs, University of Illinois College of Agriculture, believes. And she adds, "Making toys for other children as well as for himself gives the child an experience of sharing in another's happiness, and that is one step toward maturity."

A University of Illinois circular, "Toys That Can Be Made at Home," gives plans and specifications for 27 different toys. Easy to construct, these toys can be made from inexpensive materials, many of which can be found around your farm or home. Cheese boxes, spools, old clock works and broomsticks are some of the "ingredients."

Order this circular, number 546, today so that you can decide which toys you'll make for your youngsters. Then you can order plans and detailed directions for making them. Just send a card to the College of Agriculture, Urbana.

OOC:lw
10-22-51

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FOR RELEASE THURSDAY, OCTOBER 25, 1951

Store Knives in Racks, Cases or Holders

URBANA--Have you wondered why your kitchen knives become dull so easily? Chances are that you've been using them as cleavers, screw drivers or pancake turners or for cutting string and paper. Or maybe you casually drop them into a kitchen drawer or wash them in a dishpan with the dishes.

All of these things are hard treatment for a knife. A blade is easily nicked or dulled when it strikes against metal and other hard utensils. The metal temper is destroyed when a blade comes into contact with heat, making it impossible for the blade to hold a sharp edge.

Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture, recommends storing knives in racks, cases or drawer holders. If you have children, she suggests selecting a wall rack that can be placed well out of their reach.

Two types of slotted racks are available--for table or wall use--and they come in wood or plastic. Check to see that the slots are large enough for knives to slip into easily. Another satisfactory holder is the magnetic type that fastens to the wall and holds the knife against a magnetic surface.

Many knives come with cardboard guards that protect them against contact with other metal. While these are good, they won't last long. A better choice is a drawer holder. It can easily be made from a block of wood with slots sawed into it to hold each knife individually.

EBH:lw
10-22-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 26, 1951

Compare Prices, Servings When Buying Oranges, Juice

URBANA--Store orange juice and oranges correctly to preserve their vitamin C (ascorbic acid) content.

Foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture, reminds that this vitamin is destroyed by exposure to air. Once canned juice is opened, be sure to store it in a covered container in the refrigerator, just as you would store the frozen diluted or freshly squeezed juice.

Keep oranges in a cool storeroom or in the refrigerator. And cover the cut fruit before storing it in the refrigerator.

Miss Acker also has some suggestions for buying canned and frozen juice and fresh oranges. She recommends comparing prices and number of servings to save some food money.

Buy the amount and type of oranges and juice that are best suited to your family needs and likes. A number two can or orange juice provides five half-cup servings, while a number three gives 12 half-cups. A six-fluid-ounce can of frozen concentrate gives six half-cup servings. And one pound of fresh oranges gives two or three half cups of sections.

COC:lw
10-22-51

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 27, 1951

Specialist Gives Tips on Range Care

URBANA--Overprotecting your stove to save cleaning time may do more harm than good.

That's what home management specialist Catherine M. Sullivan said today when asked about regular care of electric and gas ranges.

You may not get such good results from the oven of your gas range if you place aluminum foil on the bottom. The foil interferes with the circulation of air which is necessary in a gas oven.

Using aluminum foil at the bottom of the oven to catch drippings may also cause the porcelain enamel surface to crack. The accumulation of moisture and heat produces minute cracks in the enamel.

Miss Sullivan recommends placing a small piece of aluminum foil around the bottom of a pan when you want to catch drippings.

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HOC:lw
10-24-51

FOR RELEASE SATURDAY, OCTOBER 27, 1951

Test Material Before Buying--Here's How

URBANA--Next time you buy crepe, taffeta or satin for your home sewing, test it for yarn slippage at the counter, and you'll be likely to save yourself a costly buymanship lesson. Give this test to any material made of nylon, silk or rayon.

Textiles and clothing specialist Florence King, University of Illinois College of Agriculture, says that students in her textiles classes recently tested some pure-dye silk French crepe and found extreme yarn slippage. It was caused by a lack of balance in the cloth count, as there were 172 warp threads and only 88 filling yarns. Another possible cause of yarn slippage is a low thread count.

To make the over-the-counter test, take hold of the end of the material with both hands. Place the tips of your index fingers together at the back of the material, the thumbs together at the front. Then bring the knuckles of the thumbs together; this step applies just enough pressure to make it possible to tell whether the yarns slip.

Sometimes lack of balance in cloth count is made up by yarn structure. For example, the yarn may be creped; therefore, the thumb-finger test is necessary to determine slippage. Making a cloth count would not be sufficient.

Results of yarn slippage show up wherever any pressure is exerted on the material, such as at the elbow, back and front armscye. The cloth "blisters" and it looks old and worn.

COC:lw
10-24-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 29, 1951

Send for Honey Circular Today

URBANA--Use honey in many ways while it is so plentiful. This year's crop is 7 percent larger than the crop a year ago--or about 359 million pounds.

A University of Illinois circular, "How to Use Honey," is packed full of honey rules and care and also recipes for its use in breads, beverages, candies, cookies, desserts, meats and vegetables, sauces, salads and salad dressing.

A copy of the circular, number 528, is yours on request. Just send a card to the College of Agriculture, Urbana, Illinois.

COC:lw -30-

Timetable for Roasting Young Birds Is Available

URBANA--Use a time and temperature guide when roasting your holiday bird, and avoid worrisome trial-and-error methods.

A Timetable for Roasting Young Birds, by foods specialist Frances Cook, is yours for the asking. Just write to the University of Illinois College of Agriculture.

In addition to time and temperature suggestions for various fowl, the timetable includes approximate amounts of bread crumbs needed to make dressing for different sizes of birds.

AJR:lw -30-
10-24-51

FOR RELEASE MONDAY, OCTOBER 29, 1951

Are Your Nights Restless? Try Simple Bedtime Snack

URBANA--An easy-to-digest snack before bedtime helps to make nights more restful for adults.

Nutritionist Harriet Barto, University of Illinois College of Agriculture, says that snacks of milk and cereal, crackers, or bread and butter are likely to help you go to sleep more quickly. And you'll sleep more quietly, she adds.

A research study recorded movements of adults during sleep after a hard-to-digest late lunch, a simple snack before retiring and no bedtime snack.

After the hard-to-digest meal, movements on the average were increased by 6 percent over those when no food was taken before going to bed. And after a cereal and milk snack, the persons studied moved almost 6 percent less than when no bedtime food was taken.

Most of the improvement in sleep quality after the simple snack occurred in the first half of the night. Movements after the hard-to-digest snack were caused by gastric discomforts and gases due to fermentation.

Simple snacks make for restful sleeping on the theory that they divert to the digestive tract some of the blood that has been flowing to the extremities. And this causes temporary mild "anemia" of the brain, making the person drowsy.

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COC:lw
10-24-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 30, 1951

Choose Books for Family Reading

URBANA--Are you looking for some books that are especially suitable for family reading? Or do you want to select some books for Christmas gifts?

"Books for the Whole Family" is the title of a four-page leaflet available from the Home Economics Extension Service, University of Illinois College of Agriculture. It lists books for adult and high school readers and also those for the youngsters.

Selected by Miss Viola James, extension instructor, University of Illinois Library School, this list includes such books as "Circus Doctor" by J. Y. Henderson and Richard Taplinger. It's a story about the exciting job as doctor for the Ringling circus animals. About 15 other books are listed for high school and adult readers.

One of the 12 book suggestions for youngsters is entitled "Five Boys in a Cave," by Richard Church. It is a British story of five boys who explore a cave. Both girls and boys about 12 years old will enjoy this book.

Get your copy of "Books for the Whole Family" by writing to 206 Bevier Hall, Urbana, Illinois.

COC:lw
10-26-51

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FOR RELEASE TUESDAY, OCTOBER 30, 1951

Save Time by Pin-Basting Seams

URBANA--Pin-basting rather than hand or machine basting saves time in your home sewing. And it can be just as accurate and effective if it is done carefully.

Clothing specialist Ritta Whitesel, University of Illinois College of Agriculture, gives directions for pin-basting both fitted seams and those that need no fitting.

For the seams that are to be fitted, first insert pins on the stitching line parallel to the seam edge. To prevent seam puckering, take only one stitch with the pin. Insert the pins so that the heads will be toward you as you stitch. Then, as you stitch the seam line, quickly pull the pins out just ahead of the presser foot.

If no fitting is necessary at the seam, insert the pins perpendicular (at right angles) to the seam edge. Place the pinheads toward the cut edge of the seam, and be sure to use only enough pins to hold the seam in place.

As you stitch the seam, pull the pins out to the right just before the presser foot contacts them. Or, if you wish, stitch over the pins and remove them after stitching the seam.

If you're sewing a fabric that slips easily--such as nylon, rayon or silk--you may need to place the pins closer together than in such materials as cotton or wool.

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OC:lw
10-26-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 31, 1951

Lengthen Growing Boy's Trousers

URBANA--You'll need to lengthen your growing boy's trousers often while his legs are stretching. Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, gives techniques for letting down the trouser cuffs.

The type of cuff you'll use depends upon how much material you have to work with and how much Junior has grown. Rip open the cuff hem and let it down full length.

If the trousers have never been lengthened, you'll find three sharp press lines near the bottom of the trouser leg. Mark a line with tailor's chalk from the top crease down to the desired length. Then steam-press to get rid of the old lines.

If the chalk mark is an inch or less below the top crease, use a plain turned-up cuff similar to the original.

Chances are that the trousers may need to be turned down more than an inch. In that case, finish the trouser leg without a turned-up cuff. Make a simple hem--or you may even have to face it.

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EBH:lw
10-26-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 1, 1951

Hot Water All Right for Washing Nylon

URBANA--When you don't know whether to wash a nylon garment by hand or by machine, examine the raw or partly finished seam edges. If the threads pull out easily, it would be better to wash the garment by hand.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, says you can use hot water for washing nylon garments, but not a high temperature for ironing them.

The hot water used in home laundering is usually about 130° to 150° F.; low iron temperatures are about 250° to 275° F. To iron nylon, turn the temperature gauge to "nylon" or "rayon," as high temperatures would melt it.

Wash white nylon articles separately, before you wash the colored or pastel garments, suggests Miss King. Otherwise a slight off-white tinge may result.

Bluing is not necessary for white nylon; but if you use it for other white garments, it is all right to wash or rinse the nylon in the same water.

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COC:lw
10-29-51

FOR RELEASE THURSDAY, NOVEMBER 1, 1951

Examine Skin, Shape, Fleshing When Buying Turkey

URBANA--More small-sized turkeys will be available on Illinois markets this year. And many stores are selling halves and quarters for the small- and medium-sized holiday meals.

No matter what size of turkey you buy, choose carefully in order to get a quality bird. S. F. Ridlen, poultry specialist, University of Illinois College of Agriculture, says you should examine the skin, shape, fleshing and keel bone to determine quality.

Select a turkey with a creamy-colored skin and a good, healthy appearance. Be sure the skin is free from bruises, tears and pinfeathers.

Next, examine the shape and fleshiness of the bird. A wide, long breast that is well fleshed throughout the width and length indicates a fully fleshed turkey. You can easily pick out the poorly fleshed fowl, because the breast will be narrow, and dark areas will show through on the thighs and back.

Feel the keel bone to see whether it is flexible or solid. A flexible bone indicates a young bird; a solid one, an old turkey. Be sure you choose a well-bled bird, says Ridlen. The skin should be free from darkened areas or red spots.

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OOC:lw
10-29-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 2, 1951

Here's How to Keep Kitchen Knives Sharp

URBANA--Keeping a keen cutting edge on a knife depends largely upon the way you sharpen it and the type of sharpener you use. Honing on a steel rod is recommended by home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture.

When a knife has lost its original sharpness, Miss Sullivan suggests restoring it with a flat carborundum stone. You'll find that the stone has a coarse side for taking out rough spots and nicks and a smooth side to give the edge a final finish.

To cut down friction and heat, moisten the stone with oil or water. Too much friction gives the blade a rough edge, and heat causes it to lose its metal temper.

You will want to guard against using too coarse a stone. Rotary sharpeners with steel or carborundum discs will straighten and sharpen blades as they are drawn through a slot. While these are easy sharpeners to use, they are likely to take off more of the metal blade than other types.

EBH:lw
10-29-51

FOR RELEASE FRIDAY, NOVEMBER 2, 1951

Cranberries Add Special Flavor, Color to Baking

URBANA--Dress up your baking with bright red cranberries. They're plentiful on the market--and your family will like the tangy cranberry flavor in breads, cakes, puddings and pies. You can add that flavor with raw cranberries or an easy-to-make basic sauce.

Foods specialist Geraldine Acker, University of Illinois College of Agriculture, suggests adding to your plainmuffin recipe three-fourths cup chopped raw cranberries mixed with three tablespoons sugar. Or, for variation in your favorite apple pie, add half the proportion of whole cranberries and half apples.

You can get flavorful variations with a basic cranberry sauce, and it can be stored in your refrigerator to be used when you want it. To make a quart of sauce, wash and pick over 4 cups of cranberries. Cook them 5-10 minutes in a sirup made of 2 cups water and 2 cups sugar until all the berries burst.

A spoonful of this cranberry sauce dropped into muffins just before baking makes an extraspecial hot bread. Cranberry sauce pastry tarts can be served hot or cold and topped with sweetened whipped cream.

Rice pudding, served icy-cold with hot cranberry sauce spooned over the pudding just before serving time, has a gay look and a delightful flavor. Or top a plain baked custard with chilled or hot cranberry sauce.

EBH:lw
10-29-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 3, 1951

Serve Extra Protein, Fat in Low Carbohydrate Diet

URBANA--When you need to reduce carbohydrates (sugars and starches) in your diet--as for example by doctor's orders--remember the rules of good nutrition.

Nutritionist Harriet Barto, University of Illinois College of Agriculture, says, "Plan meals to include needed minerals, vitamins and proteins; but serve more protein and fat to provide some of the energy ordinarily supplied by the carbohydrates."

Color and flavor contrasts are keynotes to attractive meals. Vegetables cooked a short time with little water have a bright color as well as a good supply of minerals and vitamins. Fortunately, among the low-carbohydrate vegetables are many with bright colors and tasty flavors. Some of these are salad greens, tomatoes, carrots and asparagus.

One attractive combination might be a plate of bright green spinach, carrots, meat and turnips (cooked so that they remain snowy white and placed between the orange and green vegetables). This plate is just as eye-appealing as one with potatoes, meat and other vegetable.

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Add special flavor to vegetables by using herbs, such as thyme, marjoram, mint and others. For example, add crushed, dried mint leaves to melted butter for carrots. And use a small amount of herbs with French dressing for salad greens.

Use fresh fruit or that cooked without sugar for salads and desserts. Serve salads with a thin dressing, such as French dressing, rather than a heavy cooked or mayonnaise dressing.

Prepare a variety of fish, poultry and meat to add interest to these meals, as few kinds of meat contain carbohydrates. But you must be careful to prepare meat without breading, flouring, or thickened sauces and gravies. One way to prepare meat loaf or patties without bread or other extender is to add chopped or grated carrots. Remember, too, that eggs contain no carbohydrates.

Protein-rich cottage cheese adds versatility to these meals. But it is important that the cottage cheese be well seasoned; serve it with pickles, chives, onions or parsley. For a fruit flavor, add cubes of fruit or fruit juices.

COC:lw
10-31-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 5, 1951

Freeze Cranberries Plain or With Sugar Sirup

URBANA--If your locker or freezer space is ample, you may want to freeze some of those plentiful cranberries.

Tests at the University of Illinois home economics foods research laboratory prove that you can freeze cranberries in a plain pack or with a 50 percent sirup.

Dr. Frances O. Van Duyne, foods research specialist, recommends choosing bright, shiny and firm berries for freezing.

Wash the berries thoroughly and sort them. Pack in moisture-vapor-proof containers. Pack plain or cover the berries with a sirup made from one cup sugar and four-fifths cup water. Dissolve the sugar in the water by stirring. Seal the containers immediately.

COC:lw -30-

Buy Enough Drapery Material for Matching

URBANA--When you buy patterned material to make draperies, be sure to examine the pattern closely to determine how much extra fabric you'll need for matching.

Home furnishings specialist Dorothy J. Iwig, University of Illinois College of Agriculture, says the pattern in the draperies should match across the window. And, if the draperies are the draw type, they should form a complete pattern when drawn.

COC:lw -30-
10-31-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 6, 1951

Guard Against Wear of Trouser Cuffs

URBANA--Sew wear guards in trousers when they're new--before cuffs begin to show wear from the rub of shoes.

To make wear guards, use heavy tape five-eighths of an inch wide, or cut cloth strips from the leg seams, suggests Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture.

First, turn down the cuff and baste the guard to the bottom edge of the trouser, just inside the leg and next to the fold. Machine-stitch both edges of the guard; turn the cuff back and tack into place.

For trousers without cuffs, rip open the hem. Baste and then stitch the wear guards to the lower edge of the leg on the hem side of the bottom crease. Rehem the trousers.

EBH:pp -30-

We're Eating More Than Before

URBANA--Food consumption for each person last year rose 11 percent above the average for the 1935-39 period.

That's the word from the U. S. Department of Agriculture, which also reports that 85 percent of the food produced last year stayed here at home to feed the civilian population.

Most of the food sent to other countries--14 percent of our 1950-51 supply--was grain and grain products. A little under two percent of the total went to military personnel and less than half of one percent to people who live in the territories.

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HOC:pp
11-2-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 7, 1951

Use Spices to Add Special Flavor to Squash

URBANA--Plenty of squash at reasonable prices is available for your November meals.

Top-quality squash has a hard, tough rind. A soft rinded winter squash is apt to have a watery flesh and be tasteless.

Foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture, has some tips for adding special flavor to squash.

When you bake or broil it, use cinnamon, nutmeg, marjoram or cloves to season it. Or your family will like the old favorite--squash prepared with brown sugar and butter or a marshmallow roasted on the top.

Here's another treat: make a tasty pie by just substituting canned or cooked squash for the pumpkin in your favorite pumpkin pie recipe.

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GOC:pp
11-2-51

FOR RELEASE WEDNESDAY, NOVEMBER 7, 1951

Sharp Shoulder Lines Can Disguise Wide Hips

URBANA--Choosing a flattering jacket is a problem when you have square hip lines. If you do, you need to pay special attention to the jacket cut and length.

Miss Myra Baker, clothing specialist, University of Illinois College of Agriculture, recommends a jacket with crisp, well-defined shoulder lines. The scale and cut of the collar will balance hip size more effectively if it is cut in a bold styling. You may want to attract attention to the collar by topping it with a removable taffeta or velveteen collar that is cut in the same shape.

Be cautious about jackets with the rounded shoulder lines. The depth of a dolman sleeve, the type of padding and your height will influence the final choice. But, remember, rounded lines of the upper hip section should not be repeated, as this emphasizes hip shape and size.

Jacket length can also help to disguise wide hips. The peplum of the jacket should end at or above the widest part of the lower hip section. Or, if you want a shorter jacket, choose one that does not end in a continuous line across the upper part of the hips. A jacket with a pointed front (vest effect) is a good choice.

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COC:pp
11-2-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 8, 1951

Logan, Wabash County Advisers Receive Recognition

URBANA--Two Illinois home advisers received recognition yesterday, during a national meeting in Fort Worth, Texas, for their outstanding service in home economics extension work.

Mrs. Mabel U. Albrecht, Logan county, and Miss Hazel Graves, Wabash county, were among a group of 58 home demonstration agents from 36 states and Puerto Rico who were recognized by the National Home Demonstration Agents' association.

As Logan county home adviser for five years, Mrs. Albrecht has developed a well-balanced program of youth and adult groups. Over 900 adults, 4-H club members and youths are enrolled in the county's extension program. Mrs. Albrecht helps many other organizations in the county, such as health groups, the recreation council and women's clubs.

Mrs. Albrecht has outstanding ability and experience in dietetics. During the war she successfully managed a cafeteria for one of the largest ordnance plants in the country. She also served for six years as home adviser in Montgomery county. And for four years she represented the state home demonstration agents' association on the state nutrition committee.

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In addition to her success in professional work, Mrs. Albrecht has been solely responsible for rearing two sons. Both young men are now attending college.

Since Miss Graves became Wabash county home adviser in 1939, the adult membership in the extension program has grown from 100 to 750. This is a greater percentage of resident homemakers than in any other county in the state. Miss Graves' outstanding ability to develop adult leadership is one of her greatest contributions to the extension program.

The Wabash county extension program also has 186 girls enrolled in home economics 4-H clubs and 65 young people in the rural youth program. In addition to working with all of these groups, the home adviser helps with a weekly radio program and a news column.

Miss Graves served as home demonstration agent in Kentucky for nine years. She has her master's degree from Columbia Teachers' College.

To receive this national recognition, each agent must have served the home economics extension program for 10 years or more. A state recognition committee selects the agents, and if their applications meet the high standards set up by the national committee, they receive the certificate of recognition.

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COC:lw
11-5-51

FOR RELEASE THURSDAY, NOVEMBER 8, 1951

Make Puzzles, Finger Paint at Home

URBANA--Providing toys at little or no cost is easy to do when you follow these suggestions by Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture.

For individual child or special group play while parents are attending club or organization meetings, these toys can be made from materials you usually have at home.

Finger painting is great fun for children from two to five years. Make the paint with one-half cup starch, one and one-third cups boiling water, one-half cup soap flakes, one teaspoon glycerin and some vegetable coloring.

Just mix the starch with a small amount of cold water, add the boiling water and cook the mixture until it is clear and glossy. Stir in the dry soap flakes, cool and then add the glycerin. Pour the mixture into several small jars and then add the coloring.

Brightly colored pictures pasted on cardboard and cut into large pieces make easy-to-use puzzles. Or you could supply the youngsters with bright colored pictures or paper for cutting and pasting into a scrapbook made from wrapping and wall paper. Be sure to provide scissors with rounded ends.

All the materials necessary for a threading game are large buttons and some lacing cord or a stringer. And paint some tin cans (those with rolled upper edges) to hold small playthings, such as clothespins or empty spools. The children may even use the cans for stacking and building, as they use small sanded wood blocks.

COC:lw
11-5-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 9, 1951

Cool Waffle Iron Before Wiping or Brushing Grids

URBANA--Wipe waffle iron grids with a clean dry cloth or brush them with a wire brush after each use, and you won't need to grease or reseason them. Let the iron cool before wiping the grids, and be sure the waffle maker is thoroughly cool before closing it for storage.

Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture, says, "It isn't necessary to wash the grids. Washing is apt to cause extra work because you might need to season them again."

Even though the grids discolor, don't wash them; this discoloration will not affect the quality of the baked waffles.

To season waffle iron grids, brush them thoroughly with salad oil or unsalted melted fat. Then heat the iron to the smoking point, bake one waffle and discard it.

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COC:lw
11-5-51

FOR RELEASE FRIDAY, NOVEMBER 9, 1951

Handle Pie Crust Dough Quickly, Lightly

URBANA--Tips for successful pie-crust making were given today--especially for the coming holidays--by foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture.

Three ways to help you get tender, flaky pie crusts are to have the ingredients cold, handle the dough quickly and lightly, and roll one crust at a time.

Use cold water and shortening to make the pie crust; cool equipment will also help considerably. When you add the shortening to the flour and salt, mix until the fat is well coated with flour (about the consistency of coarse meal). Add the water slowly; sprinkle it over a small portion of the fat and flour, and then toss with a fork.

Before rolling the pastry, let it stand for about five minutes; it will then be easier to handle. Keep the dough cool and tender by handling it quickly and lightly; roll only enough dough for one crust at a time.

For rolling the crust, use about one-half tablespoon flour on the board; the exact amount you use depends on your skill and technique. Roll the crust between sheets of waxed paper, or use a pastry cloth and rolling mitt.

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COC:lw
11-5-51

FOR RELEASE FRIDAY, NOVEMBER 9, 1951

Tips for Preparing Variety Meats

URBANA--A "Variety Meat Cookery Chart" prepared by a University of Illinois foods and nutrition specialist can help you make such meats as liver, kidney and sweetbreads extra-flavorful and tasty.

"These variety meats may be economical buys right now," says Miss Geraldine Acker, "because they have little or no waste."

Cook variety meats according to their tenderness, just as you do other cuts of meat. Kidney, liver, brains and sweetbreads from young animals are tender and should be prepared by dry heat methods (broiling, frying, baking). Sweetbreads and brains are usually precooked before final preparation, such as frying or creaming.

Use long, slow, moist cooking--boiling and braising--for the less tender tongue, heart, tripe, beef, kidneys and liver.

Detailed cooking directions and approximate weights of the different variety meats are included in the "Variety Meat Cookery Chart." For your copy, write to the department of home economics, 206 Bevier hall, Urbana, Illinois.

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COC:lw
11-5-51

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 10, 1951

Fabric Reflects Heat Rays to Body

URBANA--Milium--the warmth-without-weight fabric--is now available in yard goods as well as in coat linings.

Textiles and clothing specialist Florence King, University of Illinois College of Agriculture, says, "Milium is a fabric that is treated with a resinated metal spray finish to increase its ability to reflect heat rays back to the body. Aluminum is the metal that is used."

The material has a silvery appearance on one side, and the original fabric shows on the other. Rayon satin, crepe, and twill are the main materials now available. The treatment does not affect the surface appearance of the fabric; it improves its drapability by adding more body to the cloth.

The resinated metal spray gives almost no interference with the porosity of the fabric. Perspiration and evaporation take place as readily, and the cloth allows the skin to "breathe" freely.

You can use milium to line any type or construction of garment. Just sew the yardgoods as you do ordinary lining material. The silvery side of the material should face the coat fabric--not the body.

COC:lw
11-7-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 12, 1951

Use Ground Peanut Brittle, Ginger in Whipped Cream

URBANA--Ways to add special holiday touches to pumpkin pie were suggested today by foods specialist Mrs. Pearl Janssen, University of Illinois College of Agriculture.

Sprinkle chopped nuts in the pumpkin mixture just before you place it in the unbaked pastry shell. Or add grated orange rind to the filling.

Make special toppings as quick as a wink by trying these tricks: Add candied or preserved ginger to the whipped cream. Another delightful variation is to grind some peanut brittle and fold it into the whipped cream. Or just top the cream with a spoonful of jelly or orange marmalade. An extra treat is to serve a thin wedge of pumpkin pie with one of mincemeat pie.

COC:lw -30-

For Tasty November Baking...Plenty of almonds, filberts and walnuts will be available during November, reports the U. S. Department of Agriculture. Raisins and dried prunes are also in good supply; raisin production is estimated to be half again as large as last year's crop; dried prune output is expected to be a fifth larger than last year. You can expect relatively low prices.

COC:lw -30-
11-7-51

FOR RELEASE MONDAY, NOVEMBER 12, 1951

Repair Frayed Sleeve Edges

URBANA--Repairing sleeve edges gives extra wear to a coat, and clothing specialist Fern Carl, University of Illinois College of Agriculture, tells how it's done.

First, rip open the sleeve lining at the cuff and cut off sleeve buttons that are in the way. Remove the cotton fabric stay, turn the sleeve hem down and brush out lint and soil.

Now cut through the crease along the line of wear, and trim off the worn spots of the sleeve. Keep a straight and even line as you cut.

Use the material cut from the sleeve for facing. With right sides together, match the seams of the facing and sleeve. Baste, and then stitch a tiny seam an eighth of an inch deep.

To keep the facing from rolling to the outside, press the seam edges toward the facing. Then stitch through the two edges and the facing. Now turn the facing up and baste so that the seam line and stitching show just within the sleeve.

If the sleeve has a vent corner, fold and finish the corner just as it was before the sleeve was opened.

Tack the facing to the sleeve with a loose hand stitch. Then hand-sew the lining in place and steam-press. Sew on the buttons.

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EBH:lw
11-7-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 13, 1951

Does Your House Have Color Harmony?

URBANA--The first step in achieving color harmony in your house is to consider what you already have in home furnishings and then develop a color scheme from a favorite feature or furnishing.

This recommendation was made today by home furnishings specialist Kathryn Weesner, University of Illinois College of Agriculture, who says that a particular feature--draperies, a rug, chair, or picture--will usually suggest a color scheme.

From this furnishing, select one color to be dominant, and then choose harmonizing or contrasting colors. One color idea should predominate, says the specialist; otherwise you may get a "salt and pepper" or "jumbled" effect. Avoid an equal division of color--for example, half the furnishings in green, half in red. Such a treatment produces monotony.

Some of the color trends today are toward monochromatic (one color) and neutral schemes. To get interest through a monochromatic scheme, select varied textures and use different color values and intensities to add variation. Give special interest to a neutral color scheme by using a small amount of sharp color accents.

If yours is a small house, Miss Weesner recommends a one-color scheme for the entire house. Using one color gives continuity to the rooms and makes the house seem larger. Light and subdued colors give a spacious feeling.

COC:mw
11-9-51

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FOR RELEASE TUESDAY, NOVEMBER 13, 1951

Two Ways to "Winterize" Coat, Jacket Sleeves

URBANA--If brisk winter winds blow up your jacket or coat sleeves, insert a pair of ribbed cuffs or gathered sleeve linings.

Clothing specialist Fern Carl, University of Illinois College of Agriculture, describes these two methods of "winterizing" your jacket and coat sleeves.

Knitted cuffs are available in department stores, or you can knit the cuffs at home. They are especially suitable for insertion in sports jackets and tailored coats.

Cut lining material about five or six inches long and as wide as the sleeve plus the seam allowance. Sew the seam and then attach the cuff. Insert the storm sleeve into the coat and sew by hand. Match the seam of the extra piece to the sleeve seam; be sure the seam allowance faces the lining of the coat. Follow the same steps for the other sleeve.

For a dressy coat, you may want to use the gathered sleeve lining. Buy lining material, allowing about eight or nine inches for each sleeve. Make the storm sleeve in the same way except that in this case you will not use the knitted cuff. Just make a casing or heading at the lower edge of the extra lining and sew elastic into it. Repeat these steps for the other sleeve.

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JOC:lw
11-9-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 14, 1951

Help Child See How Misdeed Rates Punishment

URBANA--Relate the punishment for a misdeed to the act and not to the child, says Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture.

Rejecting the child when he does something wrong usually makes him feel unwanted, frustrated and antagonistic. The specialist says that the child should be able to see some relation between the punishment and the misdeed.

For example, when your youngster rides his tricycle on the street after you've told him to ride it only in the back yard or on the sidewalk, punishing him by telling him, "You're not old enough to ride the tricycle; we'll store it until you are," will not help him to understand your reasons.

But, in a talk-it-over session, explain why riding down the street is dangerous. You may even want to walk down the street with him and point out the speeding cars and trucks and explain how they're apt to hurt him. That may help him to understand the reasons for your demands. If it does not, you might say, "We'll store the tricycle until you can remember only to ride it on the sidewalk or in the backyard." He will then be more likely to accept this reason, correct his dangerous habit and cooperate with you.

COC:lw
11-9-51

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 15, 1951

Get a Professional Look in Your Sewing

URBANA--When you're sewing with heavy fabrics, cut the facings and the collars, cuffs or patch pockets from the same pattern and on the same grain.

That's what clothing specialist Ritta Whitesel, University of Illinois College of Agriculture, recommends to keep a seam from showing on the outer edge. It's one way to get a professional look in your home sewing.

Then cut one-eighth of an inch off the facing edge, and pin the two right sides of the collar, cuff or pocket together. To match the corners, ends, centers and all edges exactly, you may need to stretch the facing and hold the top piece slightly full. Stitch on the regular seam line.

So that you won't have a bulky seam, trim the top side seam edges to one-fourth inch and those of the facing to one-eighth inch. Clip the corner edges or, if the seam edge is curved, cut small notches close to the seam stitching.

Turn the collar, pocket or cuff to the right side, and work the facing slightly from the edge. Baste into place and steam press.

EBH:lw
11-12-51

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FOR RELEASE THURSDAY, NOVEMBER 15, 1951

Help Children Develop Socially--Here's One Way

URBANA--Toys play a role in your children's social development.

Child development specialist Mrs. Marion McLaughlin, University of Illinois College of Agriculture, says that now is a good time to examine critically the kinds of toys you've provided for your youngsters. Some of them should help to promote social development.

Games in which several children participate contribute to social development. When sets of farm animals, doll house furniture and blocks are provided, shared play usually results. With such toys children begin to understand good sportsmanship and fair play while they learn how to get along with each other.

Children enjoy imitating adults' actions. Girls like housekeeping equipment, dolls and dress-up costumes, while boys favor cars, trains, tractors and shovels.

When children share each other's toys, they are not only developing the ability to play together socially. When the boys play house with the girls, for example, they are taking a healthy interest in their parents' homemaking activities. If your daughters play with the "traditional" boys' toys, encourage them; these toys help to develop both social and motor skills.

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COC:lw
11-12-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 16, 1951

Special Details Draw Attention From Hips

URBANA--Camouflage wide hips by emphasizing vertical lines and directing attention to the center of the figure.

That's the advice of clothing specialist Myra Baker, University of Illinois College of Agriculture, who says, "Select a garment or pattern that directs the eye to the top of the figure through collar and cuff or yoke treatments."

A yoke or yoke effect with lines that lead up and out to the shoulder is good. And when the lines are repeated in the collar, the shoulder lines appear even wider.

If you select a dress with collar and cuff details, always be sure they are large enough to avoid emphasizing the size of the hips through comparison in scale. And look out for wide unbroken areas in the skirt of a garment, says the clothing specialist. Such treatment makes the hips seem wider.

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COC:lw
11-12-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 17, 1951

Try This Pumpkin Pie Trick

URBANA--Here's a trick to keep pumpkin pie crust from getting soggy. It also shortens baking time, says Mrs. Elizabeth Shirley, institution management division, University of Illinois department of home economics.

Pour into the unbaked crust about a cup or just enough pumpkin filling to cover the bottom of the crust, and bake it at a high temperature--450° F.--until this mixture is set. Then add the rest of the filling and bake at the same temperature until the pie has settled.

To test for doneness, insert a knife into the center of the pie. If the blade comes out clean, the pie has baked long enough.

COC:lw -30-

Protein Buys for December

URBANA--Don't overlook broilers and fryers for your December meals. The U. S. Department of Agriculture says that these birds will be in generous supply and worth considering as a good protein buy.

The supply of the traditional holiday turkey is about 12 percent greater this year than last. Price of heavy toms is expected to be relatively low throughout December. And many of the small meaty-type turkeys--good for small family meals--are included in this year's crop.

COC:lw -30-
11-14-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 19, 1951

Make a Stole for Christmas Giving

URBANA--A stole makes a versatile gift from Santa's pack. The girls and women on your Christmas list will find it just the thing to protect their shoulders on cold evenings or to add a fashion note to a particular suit or dress.

Miss Gladys Daniels, clothing specialist, University of Illinois College of Agriculture, has some suggestions for this needle 'n' thread Christmas gift.

To make a stole, use about a two-yard length of material that is approximately two feet wide. And line it with the same or contrasting colored fabric.

You may want to use one of this season's popular fabrics--poodle cloth. It will add a textured look to an ensemble. To give a cheery color note, line with a brightly colored rayon taffeta. Some suggestions are black poodle cloth with a royal blue, red or white lining.

Or you may want to use velvet or velveteen--another season's favorite. Then, to give that extra holiday sparkle, sprinkle the stole with sequins or jet beads.

Another finish is to add a tasseled edge or deep fringe. Or if you use lightweight material, sew on braid in an interesting border design. Another trick is to use a felt appliqué design.

OOC:lw
11-14-51

FOR RELEASE MONDAY, NOVEMBER 19, 1951

Some Tips for Making "Quickie" Desserts

URBANA--Hospitality is the byword at community suppers, and here are some ideas for quantity desserts that are easy to fix and attractive to serve and whose goodness assures a successful party meal.

Mrs. Elizabeth Shirley, institution management division, University of Illinois department of home economics, recommends using standard, tested recipes for quantity cookery. To save time, get out all ingredients at one time, and measure by weight--not by cups and spoons. The measuring utensil may not be accurate, or you may "heap" the ingredient in the cup or spoon.

Here's an easy trick: Bake cookies and cake in large sheets, and then cut them into interesting and assorted shapes (diamonds, triangles, bars) for serving. And you can bake the topping for a cake right on the batter.

Such a topping is made of one-half cup fine dried bread crumbs, one-fourth cup sugar, one-sixteenth teaspoon of salt, the ground rind of a large orange and two tablespoons butter or margarine. Combine the dry ingredients, cut in the fat until well blended and then sprinkle on the batter.

And a "quickie" trick to shorten the cooking time for rice pudding is to cook it on top of the stove for 10 to 20 minutes, stirring constantly. Then finish baking it in a 350° F. oven.

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COC:lw
10-14-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 20, 1951

Choose Simple, Short Tunes to Teach Music

URBANA--Help your small child enjoy music. You don't need to be a musician; teaching music is easy when parents and child overcome self-consciousness and enjoy the melody and movements.

Child development specialist Mrs. Millicent Martin, University of Illinois College of Agriculture, says, "For preschoolers, choose simple, short tunes about animals, family happenings, toys or other things with which the child is familiar. Nursery rhymes are popular."

Sing the whole song instead of trying to teach one phrase or line of it at a time. At first the child will hum along or sing only parts of the song, but it won't be too long before he will know all of the song and will be singing it as he plays.

Rhythms are a combination of simple dancing and acting out the music. Children can tiptoe, march, skate, hop like rabbits or fly like airplanes. They like to do interpretative dancing; some children even make up their own actions.

If a family member plays the piano or some other instrument, he can accompany the child in this rhythm adventure. If not, records will be suitable for use.

COC:lw
11-16-51

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 21, 1951

For Christmas Giving--Bright Ribbon Ties

URBANA--Colorful ribbon ties are good for Christmas giving. You can make them from odds and ends of ribbons from your scrapbag and a few new ribbons.

Clothing specialist Ritta Whitesel, University of Illinois College of Agriculture, suggests two simple ties. One is made by stitching three narrow strips of harmonizing colored ribbon together. Slant the ends, and the gay tie is ready for the gift box.

The other tie--one with a "sunburst" effect--requires ribbon about five-eighths inch wide in one or several colors. To make the "sunburst" effect, cut pieces about eight inches long, and notch all of the ends. Lay the ribbons on top of each other and fold them in the center. Spread them apart until you have the desired effect. Then tack them together in this position. Be careful to keep all stitches hidden.

Now take another piece of ribbon long enough to go around the neck. Press it down the center so that it is half as wide; stitch the edges together. Turn under the ends, tack them and sew a hook on one end and an eye on the other. To complete the job, all you have to do is sew the sunburst ribbons to the center of this piece.

COC:lw
11-16-51

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FOR RELEASE WEDNESDAY, NOVEMBER 21, 1951

Tips for Your Christmas Spending

URBANA--A way to get the most from your Christmas dollars is suggested today by a University of Illinois family economist.

Study the receiver's wants and needs carefully before you go to the store to buy a gift, says Mrs. Ruth C. Freeman. By having several definite ideas in mind or on a list, you'll avoid the last-minute choice of an impractical gift.

The "squeeze" on the family pocketbook caused by high prices and increased income taxes makes practical useful gifts both wise and welcome this year.

For this reason you might wish to consider clothing as a possible gift. Mrs. Freeman says a survey on family clothing practices in Minnesota showed that about 15 percent of the children's clothing had been secured through gifts from outside the family. The results of this survey were reported at the Twenty-Ninth National Outlook Conference, held recently in Washington, D. C.

Planning Christmas buying also helps the family to spend within their means. Those families who go "overboard" at Christmas time are likely to feel the "pinch" on the pocketbook at the beginning of the new year.

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Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 22, 1951

Some Tips for Choosing Toys

URBANA--Before you buy or make toys for your youngsters this holiday season, take a good look at the toys they already have.

A well-balanced variety of toys contributes to all-round development, says Mrs. Marian McLaughlin, child development specialist, University of Illinois College of Agriculture. Every child should have toys to satisfy his interest in these types of play: active physical, manipulative, imitative, social and creative or imaginative.

Besides development, consider age level of the children who receive the toys. Those aged one to two years like toys that help them practice walking. Some examples are simple wooden trains, wagons and push-and-pull toys. For older children's active physical play, select skates, slides, skis, balls and the like.

If the children on your Christmas gift list are between two and four years, consider such toys as a sweeping set, various-sized balls, and small carts with long handles. They will also like the toys that one- to two-year-olds favor. Encourage manipulative play by providing children with peg and disc sets, boxes to open and close or fill and empty, and blocks.

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Some Tips for Choosing Toys - 2

Children from three to five years old will enjoy most of their previous toys and some from this group: climbing apparatus, a pounding board, screwing toys, large hollow blocks and a wheelbarrow.

Some toys that play a role in imitative play are a small iron, stove, dishes and other realistic housekeeping equipment. They also help in social development by permitting several youngsters to play house together.

Help your children express their feelings and ideas by providing plenty of equipment for creative play. Select some of these: hobby kits, nature specimens, painting supplies and colored paper for cutting with blunt scissors.

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Fish Supplies Good, Prices Low

URBANA--You may find some good protein buys this week at the fish counters in your local markets, according to reports from the Fish and Wildlife Service, U. S. Department of the Interior. Good fishing in many of the lake areas has caused wholesale prices to tumble.

Liberal supplies of lake herring, sheepshead and smelt provide standout buys. And good-sized shipments of yellow perch place that fish in the moderate price range. If your choice is frozen fish, look for rosefish fillets and halibut.

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COC:lw
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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 23, 1951

Take Youngster to See Santa When Store Is Least Crowded

URBANA--If your young child plans to buy one or two gifts for Christmas giving, it's a good idea to plan a special trip to the store instead of taking him on an all-morning or afternoon shopping "spree."

This suggestion was made today by child development specialist Mrs. Millicent Martin, University of Illinois College of Agriculture. Too much tension and excitement in one day quickly lead to irritability, she says.

When your youngster wants to see Santa Claus at one of the department stores, take him when the store is least crowded. And make it a pleasant trip--not a frightening one. Don't force him to shake hands with Santa or sit on his lap if he doesn't want to, says Mrs. Martin. Take the child home when the visit is over. Subjecting him to a shopping trip makes both parent and child tired and fussy.

Concerning the selection of a gift, Mrs. Martin suggests, "Help your child decide what he wants to buy before he goes to the store. And take him to the section in which he can buy that gift. Let him do much of the choosing."

COC:lw
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FOR RELEASE FRIDAY, NOVEMBER 23, 1951

Arrange Frequently Used Baking, Cooking Supplies Now

URBANA--Is baking or candy-making one of your holiday "specials?" If it is, you're likely to need additional work space, and a University of Illinois home management specialist has some suggestions.

Equip a card table with a protective cover, says Miss Catherine M. Sullivan. Or if you have a table on wheels, use it. She remarks that this extra work space is especially valuable when holiday preparations are a family affair.

Arrange your supplies and equipment so that they are easy to see, reach and grasp. This step will save precious time and energy during the busy holidays. When you select storage space for those frequently used items, remember that it takes nine times as much energy to reach a bowl or pan stored three inches from the floor as it does to get one from a height of 42 inches.

Another suggestion from Miss Sullivan: Remove equipment and utensils you won't need this winter--for example, those related to food preservation. Replace those supplies with roasters, baking pans, cookie cutters and other extras. Examine this equipment carefully to see that it's in good condition to use.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 24, 1951

Clothing Features Teen-agers Like

URBANA--Consider first your teen-age daughter's personality when you help her select her clothing. Personality plays an important part in determining the color, fabric and style that will be most becoming to her.

Clothing specialist Myra Baker, University of Illinois College of Agriculture, gives these suggestions on features that teen-agers like in their clothing:

Simplicity is the keynote. They like clothes that are easy to get into and that give free and easy action--particularly in blouses.

Strong, warm colors and tailored lines look well on the athletic girl while the more graceful lines and softer colors suit the feminine type. A top favorite for teen-agers is the princess line, and it is especially good for the chubby girl.

Jumpers allow lots of costume changes. For school wear girls may add a tailored blouse or one with a Peter Pan collar, and for special occasions a dressy blouse with a bit of lace. They can get even more versatility by mixing and matching sweaters and blouses with pleated or flared skirts, boleros, weskits and boxed jackets.

Help your daughter choose materials that save time and money in care. There is a good supply of washable and crease-resistant fabrics on the market, and they come in attractive color weaves and patterns.

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Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 26, 1951

Parents, Child Benefit From Meals Planned Around School Lunch

URBANA--A plea for homemakers to plan their daily meals around their youngsters' school lunches was made today by extension nutritionist Grace B. Armstrong, University of Illinois College of Agriculture.

No matter what type of lunch it is--cold packed or hot served--menus must be coordinated to be sure your children are getting the basic seven foods each day.

If family meals aren't planned around the school lunch, either of two things is likely to happen, says Miss Armstrong: The mother and father will just have a "pick up" lunch, and they won't get some of the necessary basic seven foods. Or the family will have their regular meal at noon, forgetting that their child is having just a lunch. Then the child will lack some of the basic seven foods.

If hot lunch is served in your youngster's school, there are usually several ways of getting the menu. Sometimes the menus for the following week in advance are published in the local papers on Thursday or Friday. Or the school might have copies of the menus made for youngsters to take home to their mothers. If the school is

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small, the menus might be written on the blackboard and then copied and taken home by the youngsters.

The next step for Mother is to take the school lunch menu and a list of the basic seven foods and plan the other two meals around the lunch. For example, if citrus fruit or tomatoes are prominent in the school lunch, the rest of the family might also have these foods at noon. Or if meat is served to the children at noon, the family could plan their luncheon to include meat. You don't have to serve exactly the same food as is in the menu, but it should be from the same group of the basic seven foods.

If your youngster carries his lunch to school, the procedure is similar. Just plan all three meals around the basic seven foods. For example, if your youngsters are having egg sandwiches for lunch, other family members can have eggs in one form or another for their lunch.

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Send for Cookie Publication Today

URBANA--Your holiday cookie baking will be easy when you have the University of Illinois College of Agriculture publication, "Cookies for All Occasions."

Directions and recipes for five different types of cookies--drop, spread, rolled, ice-box or refrigerator, and cookie-press--are given. Recipes for cookies from other lands are also included. And tips on decoration and storage help to finish your cookie-making job.

A copy of "Cookies for All Occasions" is yours on request. Send a card to the University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 27, 1951

Use Trio to Win Health Game

URBANA--A three-man team plays a game in your body each day to win strong, straight bones and teeth.

And--like the players on a football team--one man cannot do the job without the other. This team's players are vitamin D, phosphorus and calcium. Vitamin D is the "touchdown scorer" because it helps to bring the calcium and phosphorus to the bones and then "anchors" them there--just as the football is held at the goalposts for a short time.

Homemakers should consider this three-man team in planning their family's daily meals, says Miss Alice Forsythe, nutritionist, University of Illinois department of home economics. They can include in their menus the "touchdown scorer" (vitamin D) in two forms--active and precursor. The active vitamin is effective immediately upon entering the body; the precursor "scores" only when exposed to ultra-violet rays of the sun.

Vitamin D fortified milk is especially good to supply the active form of vitamin D because it contains the complete trio. The other active forms are contained in eggs, fish with large amounts of

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oil (sardines, salmon, herring, halibut and cod), fish liver oils and concentrates.

How much vitamin D do we need each day to rate those strong, straight bones and teeth? Children under one year and pregnant and nursing women need 400 to 800 international units each day. And a minimum of 600 units is recommended for all persons, regardless of age.

During the winter it's wise to supply the active vitamin D, unless your family is frequently exposed to sunlight. If you choose to give the vitamin D concentrates, do so under doctor's supervision. Too large an intake of vitamin D--by either long irradiation of the skin or too large doses of concentrates--can be dangerous.

Try to provide enough vitamin D without extra concentrates. Plan your daily meals to include all of the trio--vitamin D, calcium and phosphorus--in sufficient amounts, and then your family can win this health game.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 28, 1951

Make a Smart Petticoat for Your Full Skirts

URBANA--When you choose a pattern or dress with one of the new full skirts for your gay holiday frock, you may want a stiff petticoat to add smart fullness and a provocative rustle.

Clothing specialist Ritta Whitesel, University of Illinois College of Agriculture, says you can make a petticoat yourself much less expensively than you can buy one ready-made.

Choose crinoline, crisp lacquered net or a stiffened nylon marquisette. Use a six- or eight-gored skirt pattern, depending on the amount of fullness you wish to have. To prevent rough edges of the fabric from scratching or catching your undergarments, stitch bias tape to all the seam edges. Let the binding run up both sides of the placket opening.

You'll want to finish the bottom edge with a right side bias taffeta or sateen facing to keep the edge from catching your hose. Use a narrow waistband of the same fabric, finish the closing with hooks and eyes--and your petticoat is ready to wear!

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EBH:lw
11-23-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 29, 1951

Tips for Selecting Toys

URBANA--Choose durable, easy-to-clean toys for Christmas giving. If a toy is supposed to come apart, it should come apart easily; but when it is together, it should stay together. Your child should be able to take it apart and reassemble it with little or no adult assistance.

Mrs. Marian McLaughlin, child development specialist, University of Illinois College of Agriculture, says not to "push" your child by giving him toys that are beyond his level of maturity. On the other hand, don't hold him back by letting him keep toys that are too young for him.

An example of a well-chosen toy for a young child is a good set of rather large blocks that match and fit each other. This is a toy of enduring interest. As the child grows older, he will play creatively with them. His mental and muscular progress can be observed by watching how he uses these blocks at different ages.

An example of an ill-timed toy is a peg board with small holes and pegs for a three-year-old child. At this age the child does not have the fine hand and wrist motor skills necessary to manipulate such a toy. It should be saved until he begins to develop these skills at five, six or seven years.

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FOR RELEASE THURSDAY, NOVEMBER 29, 1951

Try This "Hurry-Up" Steamed Pudding

URBANA--Prepare that special holiday treat--steamed pudding--in record time by using your pressure saucepan.

Just steam the pudding in the saucepan without pressure for about 15 minutes. Then tighten the cover and cook the pudding at 15 pounds' pressure. The size of the containers determines the necessary time. Number two tin cans require about 25 minutes: smaller containers, a shorter time.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says you can use custard cups, molds or cans for making the pudding in the saucepan.

Grease the bottom of the container with unsalted fat or oil, and fill it only to the two-thirds level. Cover the container with three layers of waxed paper or two layers of aluminum foil.

Place the molds, cups or cans on a rack in the saucepan. You can steam two layers at a time if you use small cups or molds. But be sure to stagger the cups on a second rack. Add at least two cups of boiling water; use enough to keep the pan from boiling dry.

When the time is up, remove the saucepan from the heat and let the pressure return to zero at room temperature. Your pudding is ready to serve!

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Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 30, 1951

How to Avoid Skirt Bulges

URBANA--You can avoid bulges in your pencil-slim skirts by lining the backs with a taffeta panel. Clothing specialist Ritta Whitesel, University of Illinois College of Agriculture, tells how to make this lining.

Use the skirt pattern back for cutting the taffeta back, making it eight to ten inches shorter than the skirt itself. After removing the pattern, trim one-fourth inch of material off the side seams, beginning at the bottom and tapering to nothing at the waistline. Pink or hem the lower edge of the taffeta. Then pin the panel to the back of the skirt and continue making your skirt as usual.

This taffeta lining is firm and will not stretch. Because it is narrower than the back of the skirt, it prevents bulging.

Another way to avoid bulging or "seat springs" is to press the skirt correctly at the right time. Steam the bulge after each wearing with a damp press cloth placed under a heavier dry one. You'll want to let the skirt hang at least 24 hours to dry thoroughly. Pressing just before wearing will make the bulge worse because the material will still be damp.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 4, 1951

Try These Time-Saving Tips

URBANA--Save time and dishes in your baking and cooking by leaving out the unnecessary steps in recipes.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, says that homemakers should evaluate the steps in a recipe before they begin to follow it.

For example, is it necessary to cut up or melt chocolate before adding it to other ingredients? If you're making a sauce or candy, the chocolate will melt when you place the whole square in warm ingredients.

Beating a whole egg separately from the rest of the ingredients requires a few minutes and an extra dish. In some dishes you can get a desirable product without separately beating the eggs, reminds Mrs. Janssen. Just add the eggs and beat them with the mixture.

Another unnecessary step--in some cases--is beating egg yolks until they're thick and lemon colored, as for example in a puffy omelet or a souffle. The omelet or souffle will be just as good if you add unbeaten yolks.

A word of caution from Mrs. Janssen: Be sure to evaluate the recipe carefully and determine which steps are necessary; then eliminate the others.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 5, 1951

Use Card to Determine Best Egg Buy

URBANA--Deciding what size of egg is the best buy will be easy for Illinois homemakers after the new egg law goes into effect today, December 5.

Why? Because eggs will be graded and labeled according to size and quality, and consumers can readily compare the price per pound for each quality.

A U. S. Department of Agriculture egg-buying card will speed this comparison for shoppers. This card, "What Size Eggs Are the Best Buy Today" is available from the University of Illinois College of Agriculture, Urbana, Illinois.

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Serve Plentiful Grapes Often

URBANA--One of the best buys at fruit counters now is the Emperor grapes. The harvest is estimated at 12,000 to 14,000 carloads compared with 9,000 last year.

Market news reporters of the U.S. Department of Agriculture report that the quality of these grapes is excellent. While prices are reasonable, serve grapes often--"as is" and in combination with other fruits in salads.

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COC:pp
11-30-51

FOR RELEASE WEDNESDAY, DECEMBER 5, 1951

Make Inexpensive Holiday Centerpieces--Here's How

URBANA--Use "ingredients" you have on hand to make your holiday table centerpieces. Bittersweet or some colorful Christmas tree balls sprinkled in evergreens make a gay--and inexpensive--arrangement for your table.

Home furnishings specialist Evelynne Cedarlund, University of Illinois College of Agriculture, has some other tips for simple, easy-to-make centerpieces:

Candles--in all colors, sizes, and shapes--can be made from odds and ends left over from last year. Use tin cans, square milk cartons or coffee cans to form your special holiday candles. And if you want frothy-looking candles, beat the wax when it is semi-liquid.

You may want to include some fruit in your centerpiece arrangement. For example, you can place several lemons, cranberries or bright red apples in some evergreen. Use the short- or long-needled evergreen, whichever you prefer.

Give greens a wintry look by dipping or spraying them with paint. And if you wish you can sprinkle Christmas "snow" over the branches while they are still wet.

You might use a wooden bowl, straw or metal tray and basket to hold your arrangement. And sometimes you can get an especially attractive centerpiece by using a mirror as its base.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 6, 1951

Make Colorful Stocking for Christmas Hanging

URBANA--Use scraps of cloth or old worn clothes to make colorful stockings for Christmas hanging. And make the stockings the same size for all members of the family; the small fry will be pleased if they have the same size as father or big brother.

Miss Gladys Daniels, clothing specialist, University of Illinois College of Agriculture, has some suggestions for making the stockings. Use an old sock or stocking for the pattern, she says. And, for special interest, make the holiday stocking with cuffs at the top. Insert a loop at the top of the stocking so that it will be ready for hanging and filling.

You can add a special note by embroidering the owner's name on the cuff of the sock. Or use a loop stitch to work a fuzzy Christmas tree or other design on the leg of the stocking.

Your scrapbag may supply the makings for the stocking. Perhaps someone has an old red flannel bathrobe or coat. Remember that you can dye some material at home if you don't have any on hand.

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COC:pp
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FOR RELEASE THURSDAY, DECEMBER 6, 1951

Plan for Holidays the Family Way

URBANA--Gradual planning and preparation for the coming holidays is good for grown-ups as well as children. A slow growth of plans helps to reduce chances for tension and overexcitement.

Children may want to start plans early by making gifts for their family or friends. It helps them to learn the concept of giving. Some youngsters may want to make potholders or do other needlework. Or father and son woodworking teams can turn out some fancy Christmas gifts, such as chests for toy storage or candle holders.

Mrs. Barbrea Rogers, child development specialist, University of Illinois College of Agriculture, suggests planning for holidays the family way so that each member can help with preparation as well as celebration.

One family fun-time might be looking over last year's decorations or old cards and equipment for making greeting cards and gifts. And the children can help to make greeting cards by using such simple techniques as stenciling, potato printing or spatter painting.

Selecting the tree is another holiday "special" in which the whole family can participate. It's a good idea to do that job a week early so that all important phases of the holiday celebration won't come in one day. And children can hang the metal ornaments on the tree until they gradually learn how to handle the breakable ones. Or they may want to trim a small tree of their own.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 7, 1951

Serve One Rich Source of Vitamin C Daily

URBANA--A "policy" to insure an adequate supply of vitamin C (ascorbic acid) for your family is easy to enforce. Just serve many citrus fruits and juices and raw vegetables each day, and cook vegetables only a short time.

Dr. Marian Tolbert, nutritionist, University of Illinois College of Agriculture, says that the short cooking time is recommended because vitamin C is readily destroyed by heat in the presence of air.

Good for breakfast servings are these rich sources of vitamin C: oranges, grapefruit, lemons, tangerines (or their juices) or tomato juice. If you substitute other juices, such as frozen concentrated grape juice, check before you buy to see that it is fortified with ascorbic acid.

Cabbage and turnips are two plentiful winter vegetables that provide a goodly amount of vitamin C. Serve them raw, adding diced turnips to salads or eating them as a relish.

The way you prepare potatoes determines how much of the original vitamin C remains when you bring them to the table. Baking prevents some oxidation and helps to preserve the vitamin; short cooking in little water will also help.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 8, 1951

Tips for Buying Holiday "Extras"

URBANA--Save some money in buying those holiday "extras," such as nuts and dried fruits, by following these suggestions by Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture.

It may be worth your time to buy the unshelled nuts for baking purposes. You'll probably get a better flavored product for less money. A pound of nuts usually gives about two cups of shelled nuts.

Select the size of nuts carefully. You may find, as did students in a home economics foods buying class, that the small or baby-sized English walnuts give as good a yield as the medium and large ones--and at a lower cost.

When buying raisins, be sure to select the kind that best fits your purpose. Seeded, seedless and white or bleached raisins are available. Seeded raisins have a more pronounced flavor than the seedless; they are sticky and are usually left whole to add to puddings. Seedless raisins may be added whole to almost any recipe for bread, candy, cake, cookies, muffins and puddings. The bleached ones have a more tart flavor.

If you're buying dates for baking or cooking, it may save time to get the pasteurized seedless dates. And for eating, the fresh dates are good.

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FOR RELEASE SATURDAY, DECEMBER 8, 1951

How to Choose a Child's Table and Chair

URBANA--A child's furniture, like his clothing, should fit him. He should "grow out of" rather than "grow into" his chair and table.

It's a good idea to plan to make or buy a small table and chair to fit the child when he is three years of age and then another set to fit him when he is six.

So says Mrs. Marion McLaughlin, child development and family relations specialist, University of Illinois College of Agriculture.

A chair "fits" a child when his feet rest flat on the floor. His knees should have an upward tilt so that his legs form an acute angle with his thighs. This relieves the pressure of the thigh on the chair seat, and permits better circulation and greater ease. His elbows should come just above or just even with the table top. The table top is usually about twice as high as the chair seat.

If the furniture that is available does not fit the child, it is better to have it too low than too high. However, a chair or table that is too high may be remodeled to more nearly fit the child. It is easy to saw off the legs of a straight chair.

Tables present more problems, because of the need for more knee room. Before you start remodeling, check the design of the table. If it has drawer space or a three- or four-inch board below the top, you may need to leave the table higher in order to allow knee space.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 10, 1951

Plan Simple Holiday Parties for Children

URBANA--Entertain your children during Christmas vacation by inviting a few guests to a day's regular activity in "holiday dress."

Follow this suggestion from Mrs. Barbrea Rogers, child development specialist, University of Illinois College of Agriculture, and you'll have wholesome children's parties that fit in with the daily program.

Time the party so that it doesn't interfere with nap or meal time. And serve simple refreshments. For example, if it's an afternoon party, serve refreshments that the children would ordinarily eat at snack time.

Cut sandwiches in attractive shapes and easy-to-handle sizes. A special party refreshment might be sherbet or fruit cup in fruit juice. You may want to frost the glasses by dipping the rims in fruit juice and then in powdered sugar.

Plan games and fun activities according to the children's ages and interests. For example, if the party is for pre-school children, provide several similar toys so that they can play alongside each other in one or two activities.

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Plan Simple Holiday Parties for Children - 2

A special Christmas program might include making decorations for the tree. Children of kindergarten age and older could string popcorn or cranberries. Or they might want to make other decorations, such as icicles out of heavy foil bottle tops. Just cut the top in apple-peeling fashion and then roll it around a round pencil. Tie a string around one end of the icicle and it's ready for hanging.

Concerning the number of "small fry" to invite to a party, Mrs. Rogers has this slogan: The younger the child, the fewer the guests and the shorter the party.

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Shop for Good Fish Buys

URBANA--Serving fish for some of your early December meals may leave some food budget money for later holiday festivities.

Some of the good buys, as indicated by trading on the Chicago wholesale fish market, are smelt, yellow perch, yellow pike and sheepsheads. Check prices and supplies at your local market, and choose according to family tastes and pocketbook.

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COC:lw
12-5-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 11, 1951

Use Plentiful Citrus to Make Tasty Treats

URBANA--Holiday treats that are easy to make at home are candied citrus peels and orange pecans.

Foods specialist Mrs. Glenna Lamkin, University of Illinois College of Agriculture, says that the plentiful supply of citrus fruits makes one of these holiday treats inexpensive.

Save orange, grapefruit or lemon peel until you have the desired amount. Store wrapped in waxed paper in the refrigerator. To candy the peel, cook in water until soft; drain, and remove most of the white inner portion.

Cut the peel into thin strips with a knife or scissors. Then cook very slowly in a sirup made of one-third cup water and one cup sugar. Cook until most of the sirup has been absorbed. Drain off any excess sirup, let stand and then toss into granulated sugar. For a special treat you can dip the peel into melted (dipping) chocolate after the sugar coating dries.

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Pecans coated with an orange-sugar mixture are made according to this recipe:

ORANGE PECANS

1 cup sugar	Grated rind of one medium orange
1/2 cup water	2 tablespoons orange juice
1/16 teaspoon cream of tartar	2 cups pecan halves
	Salt

Dissolve the sugar and cream of tartar in the water in a saucepan. Cook to the soft-ball stage--238° F. Remove the sirup from the stove, and add orange juice and rind, pecans and salt. Stir until the sugar crystallizes. Place in a greased shallow pan. Separate the nuts with two forks while the mixture is warm. Be sure that each nut is coated with the orange-sugar mixture. Store in a tightly covered container.

COC:pp
12-7-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 12, 1951

Plastic Bags Make Good Gifts

URBANA--A Christmas gift that takes about 10 minutes to make is a plastic bag that can be used for storing anything from stockings to vegetables.

To make the bags, use scraps left from shower or bathroom curtains, or buy some of the colored film plastics. Make them any size you wish, depending on how they'll be used. If you want an extra-strong bag, place the folded end (rather than a seam) at the bottom.

Clothing specialist Gladys Daniels, University of Illinois College of Agriculture, suggests heat-sealing the edges, since stitching makes holes in film plastic. The only tools you'll need are the ironing board, a warm iron and a smooth cotton press cloth.

To heat seal the plastic, lay the edges together, one on top of the other, on the ironing board. Then place the edge of the cotton press cloth over the plastic so that the edge of the cloth is even with the plastic edges.

With the side and point of the iron, press a half-inch strip along the edge of the press cloth. Be sure not to place the iron directly on the plastic, as it will melt and stick to the iron. And don't leave the iron on the press cloth too long, as the plastic underneath will melt and stick to the cloth.

However if too little heat and pressure are applied, the edges may pull apart easily. Repeat the sealing steps, applying a bit more heat and pressure for one or two seconds.

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COC:pp
12-7-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 13, 1951

Recreation--Stimulating, Relaxing, Prevents Fatigue

URBANA--Does your family consider recreation as something you'll do if you have time when the work is finished? In that case, you're not likely to have very much family fun.

Recreation has to be planned and provided for; it doesn't just happen, says Dr. Nellie L. Perkins, child development and family relations expert, University of Illinois College of Agriculture.

As necessary for adults as for children, recreation is both stimulating and relaxing, and it makes your personality grow. It also prevents fatigue, discouragement and loss of perspective.

Play is really a health measure, comments Dr. Perkins. It's just as important as eating a well-balanced meal or getting the crops harvested.

Having fun together is one of the most effective methods of socialization. It makes for that "we" feeling. You will have much more chance for success and happiness, says Dr. Perkins, if from the first, recreation is abundant in your home. Fun will help to keep the home fires burning.

COC:lw
12-10-51

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FOR RELEASE THURSDAY, DECEMBER 13, 1951

Roast Meat Without Cover, Basting

URBANA--Use the right roasting technique for your holiday meat and you'll get better flavor and appearance and less shrinkage and loss of juices.

Foods specialist Mary Fuqua, University of Illinois College of Agriculture, recommends roasting your holiday poultry, ham or other meat at a low to moderate temperature (300° to 350° F.) on a rack in a shallow open pan. Remember, she says, that no water, basting, cover or searing is necessary.

Some homemakers say they are "roasting" meat when they cook it in a covered roaster in the oven. But that is really braising it--a moist heat method that is unnecessary for tender meat.

Use a meat thermometer to determine time and temperature for roasting meat. It's the best way to be sure the meat has been roasted long enough and to the desired degree of doneness, believes Miss Fuqua. Insert the thermometer so that the bulb is in the center of the largest muscle. Be sure it is not resting on a bone or in fat.

If you've chosen poultry for your Christmas dinner, be sure to truss it before roasting. Binding the legs and wings to the body helps the bird cook uniformly and brown evenly. It also helps to keep the original shape.

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COC:lw
12-10-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 14, 1951

Is Your Child Getting Enough Sleep?

URBANA--Pay special attention to the amount of sleep your children get before, during and after the Christmas holidays.

Children seldom say they are tired, so it's the parents' responsibility to see that they get enough sleep. "And," says health specialist Pauline Brimhall, University of Illinois College of Agriculture, "plenty of rest and sleep during the busy holidays are beneficial for both parents and children. They help to prevent crankiness and irritability, two frequent results of fatigue."

Remember that children differ in the amount of sleep they need, just as they do in the amount of food they require. But most children two to three years old need at least 12½ hours sleep each day; the four- to five-year-olds need about 12 hours.

A child should go to bed tired, but not too tired. And the best way to judge the adequacy of sleep and rest is to determine whether the child seems rested when he gets up.

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COC:bb
12-10-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 15, 1951

Frost Christmas Decorations--Here's How

URBANA--Frosty, the snowman, won't have anything on your Christmas tree if you frost it with white enamel and mica snow. And you can also frost mantel or door decorations.

With this "frosting" trick, a small evergreen tree three or four feet high, cut down, and mounted in a wooden block can be made to look like something from fairyland.

Miss Gladys Daniels, home economist, University of Illinois College of Agriculture, tells how to do it:

First, spread a large area of newspapers on the floor to protect it from any paint that might fall. Use a one-inch brush and white enamel to paint the trunk of the tree or branch, and then the limbs.

While the paint is still wet, sprinkle the painted area generously with mica snow flakes. A lot of the snow will fall onto the paper, but you can gather it up and use it again. Apply as much paint and snow as possible to give the tree sparkle.

After the paint has dried, you can get dazzling effects by pasting on silver, gold or colored sequins. Or to the branches tie small Christmas balls about an inch in diameter.

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COC:bb
12-12-51

FOR RELEASE SATURDAY, DECEMBER 15, 1951

Tree Lights With Separate Fuses Available

URBANA--If you're buying new lights for your Christmas tree this year, here's a tip from Frank Andrew, University of Illinois agricultural engineer:

Strings of lights with an individual fuse system are now available. These small fuses help to prevent overloading which results in a "blown" main fuse.

These lights also rate high in safety. If wires become crossed or frayed, there is little danger of fire because few, if any, sparks result. The fuse on the tree lights may burn out, but the others on the main circuit will not.

COC:bb -30-

Honey Supply Good--Use Some During Holidays

URBANA--Use honey as a holiday sweetener. U. S. Department of Agriculture reports that honey is a good buy this month, as more was produced this year than ever before in one year.

Dress up the grapefruit by drizzling honey over it before serving. Place the jar or pitcher of honey in warm water for about 10 minutes, and it will be the right consistency to drizzle tiny threads over the citrus fruit.

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COC:bb
12-12-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 17, 1951

Repair Lights Before Trimming Tree

URBANA--Inspect your Christmas tree lights before you decorate the tree, and you may prevent a fire. It takes only half a minute for the average tree to burn to charred wood.

Bare connections around sockets and plugs and cracked and broken sockets should be bound with electrical tape or removed so that the wires can be taped.

Frank Andrew, University of Illinois agricultural engineer, says that a broken plug can be repaired in a jiffy with a quick attachment plug. Detailed directions are given with these new electrical repair aids.

Overloading circuits can be prevented, Andrew says, by adding up the total load in watts and comparing it with the size of the fuse. If the fuse is 20 amperes, it will carry about 2000 watts. The number of watts used by each electrical appliance is listed on it; for example, the amount required for a toaster is printed on the bottom of it.

Christmas tree lights alone are a small load, but when an electric train, toaster, photo flood lamp or vacuum cleaner is plugged into a circuit, a fuse is likely to be blown.

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COC:bb
12-12-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 18, 1951

Include Safety in Holiday Plans

URBANA--Bring safety as well as "Santy" into your home for Christmas, and it will truly be a happy holiday for your family.

As you trim the Christmas tree, place decorations in windows or on mantels, unwrap gift packages and prepare holiday fare, take simple precautions to keep your home free of accidents.

Mrs. Ruth C. Freeman, family economist and coordinator of the Illinois Safe-Homes program, University of Illinois College of Agriculture, has these suggestions for holiday safety:

Reach those upper branches of your Christmas tree with a sturdy stepladder or stepstool--not a makeshift device that's apt to toss you to the floor. And set the tree away from a heater, radiator or fireplace.

Select nonflammable ornaments and trimmings for your tree. Candles, cotton and paper invite destructive fires, as do frayed and worn cords on tree lights. And remember that wax candles are taboo for tree or window decorations.

-more-

Include Safety in Holiday Plans - 2

Provide a box or metal wastebasket for wrappings and strings when your family opens gifts. Keep the container away from the tree and fireplace.

When you're busy in the kitchen preparing tasty holiday foods, be sure to turn handles of pots and pans toward the back of the stove or table. Place cords for electric percolators and other small appliances so that they cannot be pulled or tripped over. Fatal burns may result.

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Tips for Keeping Lettuce Cups Crisp

URBANA--It takes just a few extra steps to keep lettuce cups crisp and fresh. Invert the washed and separated leaves on a tray or pan to drain off excess water. Then cover with a damp cloth and place in the refrigerator.

Mrs. Elizabeth Shirley, institution management division, University of Illinois College of Agriculture, who gives this suggestion, says to start with a good firm head of lettuce.

Remove the limp and bruised outer leaves and wash the head thoroughly. Cut out the core about one inch deep and force cold running water through the cut core. The leaves will open and separate easily.

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EBH:bb
12-12-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 20, 1951

A Holiday Tip for Parents

URBANA--It's a good idea to let children open some of their gifts before Christmas day, says Mrs. Barbrea Rogers, child development specialist, University of Illinois College of Agriculture.

This gradual celebration helps to prevent overexcitement in one evening or day. Set up a pattern as to which gifts are to be opened first; for example, the children might open gifts received in the mail from friends or relatives, those from school or church parties, or those from outside the immediate family. If this system is used, younger children will have gifts from Santa and the older ones gifts from the immediate family to enjoy on Christmas morning. And there is not likely to be tension or a climax to festivities when you follow this holiday tip.

Mrs. Rogers also suggests that you help your children select the gifts to open early so that they will have some with which to play.

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COC:bb
12-12-51

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 20, 1951

Tips for Removing Fruit Stains

URBANA--You may get a brown spot on your table linens or clothing if you try washing a fruit stain out with soap and water. That's because the tannic acid in many fruits reacts with the alkali in soap.

Textile and clothing specialist Florence King, University of Illinois College of Agriculture, says you'll find those holiday fruit stains a lot easier to remove if you rinse them with cold water as soon as possible after noticing them.

If the cold water treatment doesn't remove the stain from white material, try patting it with a cloth moistened in any chlorine bleaching reagent solution. It's best to apply a little at a time until the spot disappears. Then rinse well to remove all the bleach.

For material that can't be bleached--and when cold water won't remove the stain--pour boiling water through the cloth from a height of one foot.

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EBH:bb
12-17-51

FOR RELEASE THURSDAY, DECEMBER 20, 1951

(Note to Editor: This is the second in a series of articles on family play and recreation.)

Ways to Get "Play Back Into the Family"

URBANA--When parents get into the "swing of fun" with their children, the whole family has a good time.

Dr. Nellie L. Perkins, child development and family relations expert, University of Illinois College of Agriculture, believes that adult participation is necessary for the success of family play. She suggests this as one way to get "play back into the family." Children appreciate parents who will play with them.

Remember that play is also a way of learning. Adults renew old skills; children learn new ones. Both sense how the other feels in a learning situation, and it makes for greater understanding.

Be sure to include some things for all ages when you plan family recreation. Choose activities that are relaxing for mother and also those that are in keeping with the family budget And remember that recreation should be stimulating for all, should hold the family together, have high interest and develop cooperation.

A final reminder from the specialist: When you play, really play; you must have serious intent to enjoy the family fun. If you're playing hearts, get lost in hearts; if it's a special dance, enjoy the dance.

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COC:bb
12-17-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 21, 1951

Serve Variety of Greens for Extra-Flavor, Economy

URBANA--Add pleasing variation to your meals by serving endive, escarole or spinach. These leafy vegetables are especially welcome additions when the price of the greens you usually serve is higher than your food dollars permit.

Foods specialist Mrs. Glenna Lamkin, University of Illinois College of Agriculture, suggests serving these greens with a hot vinegar dressing. Your family will like its superb flavor. Mrs. Lamkin tells how to make enough dressing for about a quart of greens:

Cut two slices of bacon into small pieces, fry them until crisp and remove them from the pan. Pour into the bacon fat a mixture of one slightly beaten egg, three to four tablespoons of sugar and about one-fourth cup of vinegar--diluted to taste. Cook until thickened, stirring constantly.

Scatter the bacon and one-fourth cup of finely chopped onion over the well-washed and drained greens. Pour the hot dressing over them, toss and serve at once.

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COC:bb
12-17-51

FOR RELEASE SATURDAY, DECEMBER 22, 1951

Prepare Rolled Sandwiches Ahead of Party Time

URBANA--Join in the fun during your New Year's party by planning ahead for food and refreshments. You can make rolled sandwiches several days or a week ahead of time and store them in the refrigerator or freezer.

Miss Mary Vick, institution management specialist, University of Illinois College of Agriculture, has some suggestions for making rolled sandwiches. After you remove the side and end crusts from a loaf of uncut bread, cut it into thin lengthwise slices. Roll each slice lightly with a rolling pin. This step gives the slices greater surface and also "firms" them.

Lay each lengthwise slice on a damp cloth (for easy rolling), and spread it with mayonnaise and a filling. You can use a ham paste, chicken salad or creamed cheese mixture.

One especially tasty filling is made with a cup of cottage cheese, one three-ounce package of creamed cheese, half a cup each of finely chopped celery and cucumber, one cup finely chopped tomato and a tablespoon grated onion. Mix these ingredients together, combine with one-fourth cup mayonnaise and spread on the bread.

Place across the end of each bread slice four stuffed olives--end to end. Fold the bread over them and roll up tightly like a jelly roll. Roll tightly in waxed paper, twist the ends of the paper and store in the refrigerator or freezer.

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Prepare Rolled Sandwiches Ahead of Party Time - 2

When ready to serve, use a sharp knife to slice into thin rounds. Place on a serving platter and garnish with stuffed celery, radish roses, parsley or carrot curls.

Easy-to-prepare refreshments might be spiced cider served hot with spiced crabapples. Or combine equal amounts of cider and gingerale to make a tasty, sparkly punch. Just before serving, place in the punch some apple slices which have been dotted with cloves.

COC:bb
12-19-51

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Try These Vegetables for Holiday Meals

Use colorful radishes for your holiday relish tray or salad. According to reports from the U. S. Department of Agriculture, radishes are plentiful and low priced.

Check the price and supply of escarole at your local market; you may find a goodly amount at a moderate price.

While you're at the vegetable counter, look for Brussels sprouts; this vegetable has been reasonably priced for several weeks. For good quality, select those sprouts that are hard and compact and have an attractive green color. Puffiness and a wilted appearance indicate poor quality.

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COC:bb
12-19-51

FOR RELEASE MONDAY, DECEMBER 24, 1951

Give Leather Gifts Good Care

If Santa left some leather goods for you this holiday season, you'll want to give it the extra good care it warrants.

Textiles and clothing specialist Florence King, University of Illinois College of Agriculture, gives tips on the care of luggage, handbags and other leather goods. She suggests cleaning real leather with saddle soap or any other soap. If you want to protect it from darkening, apply a light coat of wax before using.

Dyed leather may be difficult to clean, because some color comes off with the soil. If you'll use an art gum carefully, it will help to remove some of the stubborn spots. It's easy to clean a suede handbag with a rubber sponge. Then use a fine brush to lift the nap evenly.

If your leather bag has a metal trim and you want to protect it from tarnish, try a light application of clear nail polish. If you don't use a protective coat, an occasional use of silver polish will brighten the metal.

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EBH:bb
12-19-51

Homemaking Radio News

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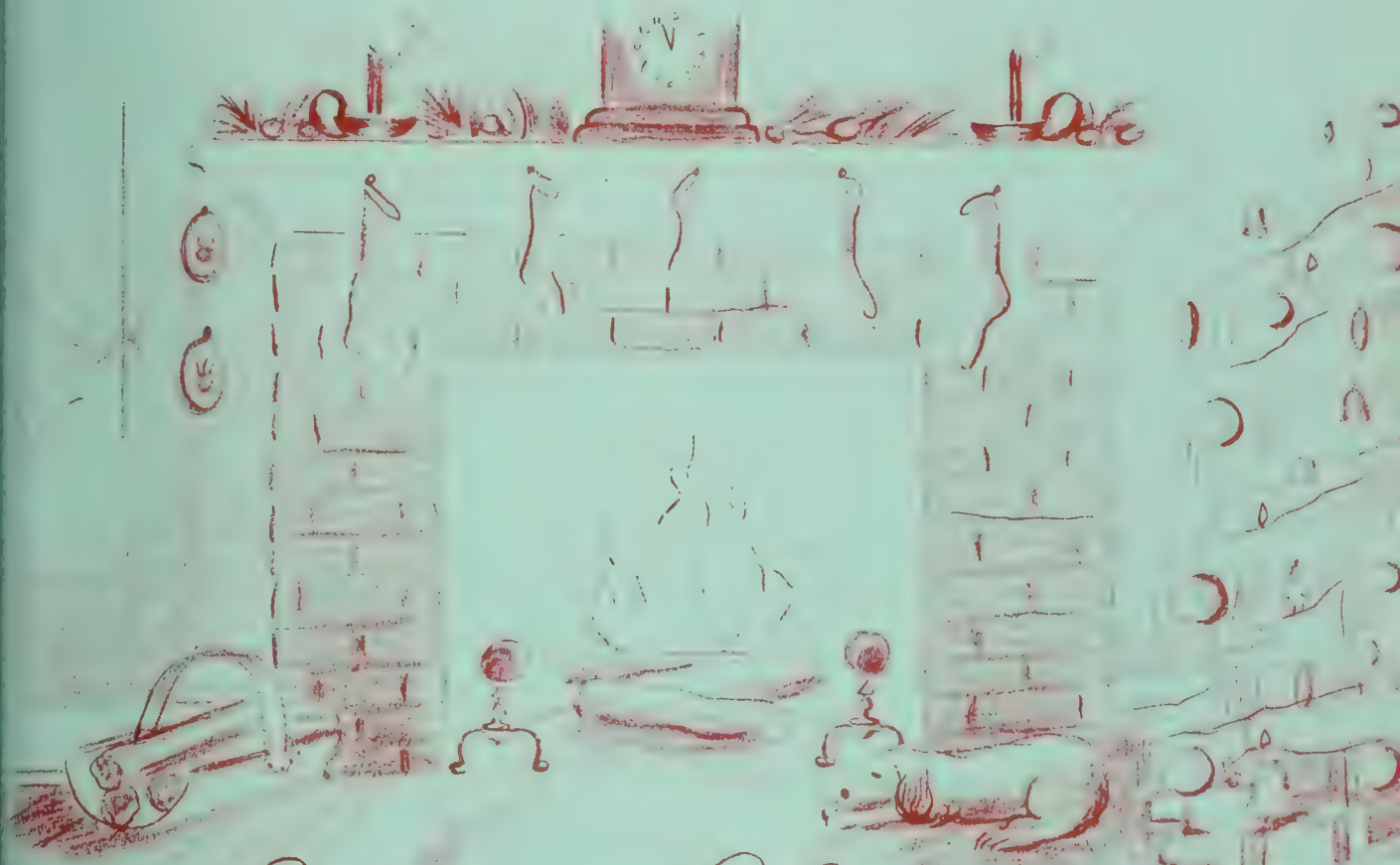

Merry Christmas
Happy New Year

FROM THE EXTENSION
EDITORIAL OFFICE

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 25, 1951

Use Fine Needle, Medium-Length Stitch to Sew Wool Jersey

URBANA--If one of your post-holiday sewing projects calls for wool jersey, follow these cutting-sewing-finishing tips to make a neat and good-looking garment.

Clothing specialist Ritta Whitesel, University of Illinois home economics department, recommends marking the straight of the grain before cutting the yardgoods. Just place a ruler along a continuous rib, and mark it with tailor's chalk or a row of hand basting. This guide will help you place the pattern pieces accurately and correctly.

Because the cut edge of jersey sometimes curls, it's a good idea to place the pattern on the rib side of the fabric. When you're ready to sew by machine select a fine needle and set the stitch for a medium length and a not-too-tight tension.

Keep off-grain (curved) edges from stretching by making a row of staystitching just off the seam lines. Feed the fabric slowly into the machine; do not pull or stretch it as you stitch. And remember to place the garment on a table while pinning or basting it. This also helps to prevent stretching.

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Use Fine Needle, Medium-Length Stitch to Sew Wool Jersey - 2

Miss Whitesel says that it's best to pink the seams of jersey. Never stitch under the edges; turning them under gives thick, bumpy edges which are apt to show through on the right side when pressed. Get a smooth, flat appearance by finishing all edges of facings and hems with seam binding.

A final tip from the specialist: When you sew on snaps, buttons and hooks, reinforce these places by using small pieces of fabric or seam tape on the wrong side to catch your stitches through.

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Order Apron Leaflet for January Sewing

URBANA--No doubt you've saved some sewing jobs for the slow time that comes after the holidays. If you send today for a University of Illinois leaflet--"Aprons for Kneeling Jobs," you'll be all set to begin your sewing when the second or third week in January rolls around.

Detailed sketches and directions are given to make your own patterns for two types of kneeling aprons--one with padded knees, another with a spacious pocket.

The knicker apron with padded knees is especially good for jobs that combine kneeling with active work; it is held in place with fastening behind the knees. You can use old outing flannel or cotton sheeting for the padded knees. The apron with the pocket can be tucked away for your spring gardening jobs.

This leaflet is yours on request. Write to the University of Illinois College of Agriculture, Urbana.

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COC:bb
12-21-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 26, 1951

Tips for Preparing Oven Meals

URBANA--Oven meals are top favorites during crisp winter days. The "chief cook" likes them because they are so easy to prepare and require little watching.

One tip for extra success with oven meals is to arrange for plenty of air circulation on all sides of every baking dish, says extension nutritionist Grace B. Armstrong, University of Illinois College of Agriculture. Be careful not to overcrowd the oven when you are baking several foods at the same time. Don't let baking pans touch each other or the oven wall. And, wherever possible, set the pans so that one won't be directly under another.

Plan your oven meal around the meat or main dish, choosing foods that will bake well at the same oven temperature and usually in the same length of time. You can prepare an entire meal in the oven--with the possible exception of the salad.

Here are some suggestions: Baked slice of ham, baked sweet potatoes, buttered beets, and apple brown Betty. Or a stuffed flank steak, spiced cabbage and a date pudding.

Or perhaps your idea of an oven meal may be the one-dish type. Casserole dishes, escalloped specialties, meat pie or braised meat and vegetables are some examples.

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COC:bb
12-21-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 27, 1951

Squeeze Snowsuit When Rinsing--Do not Twist

URBANA--Some tips for washing children's snowsuits were given today by a University of Illinois textiles and clothing specialist.

Miss Florence King recommends stretching woolen areas of the snowsuit while the garment is still wet. Because most woolen snowsuits have a cotton outing flannel lining, there is likely to be a difference in shrinkage of the two materials. Stretching the wool before it dries will help to bring the two back to the same size.

Wash the suit in lukewarm soft water and mild soap. However, if you have hard water, just add a water softener according to manufacturer's instructions.

Squeeze the suds through the fabric; do not rub, as it shrinks and hardens woolen materials. Rinse well in water of the same temperature as that used for washing. Then gently squeeze out the water. Do not twist the garment when squeezing it.

If you have a mechanical wringer, use it to squeeze out the water; it will not twist the snowsuit. Dry the suit at room temperature--away from a hot place.

EBH:bb
12-21-51

FOR RELEASE THURSDAY, DECEMBER 27, 1951

(Note to Editor: This is the first story of two on planned grocery buying.)

Shop Weekly--Here Are Advantages

URBANA--Buying your food for a week at a time can go a long way in saving some family money.

One reason is that you can buy larger meat cuts for less money. For example, half a ham sells for considerably less than a center slice. And you can plan three economical meals around half a ham--one meal could have a roast as the main dish; another, broiled slices; and the third, a shank for a boiled dinner.

Foods specialist Mrs. Glenna Lamkin, University of Illinois College of Agriculture, has some other reasons for believing that weekly shopping is wise shopping. It saves time, she says, because you can shop when you'll get good service and when the store is least crowded. Knowing that all of the week's food is in the kitchen also gives the homemaker a sense of personal security.

To do your shopping each week, you'll need to plan your meals carefully ahead of time. This good management practice will insure your family of the food they need each day, served in appetizing meals.

"Most of us can whip up a meal in a hurry," comments Mrs. Lamkin. "But if all of our meals are unplanned, their nutritive values may fall short of recommendations, meals are likely to be monotonous and the homemaker won't have the satisfaction of a 'job well done.'"

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COC:bb
12-21-51

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 28, 1951

(Note to Editor: This is the final story in a series on family play and recreation.)

Try These Ideas for Family Fun

URBANA--How about having a family "orchestra" night the next time your youngsters ask, "Mom, what are we going to do tonight?"

"Instruments" are those you can find in any kitchen: A pan and a wooden spoon, a deep pot, and glasses filled with different amounts of water, with a spoon or fork to make them chime. Pot lids make good cymbals.

This special active fun is one phase of family plans for play. Others that help to make fun "all-round" are quiet play, hobbies, family trips and vacations.

Dr. Nellie L. Perkins, child development and family relations expert, University of Illinois College of Agriculture, says you should include amusement, recreation and re-creation in your family plan for play.

Hobbies are re-creation as well as recreation. Willingness to share what the other is doing makes a hobby a family affair. Everyone in the family must respect the others' hobbies.

If your family is the traveling kind, remember that afternoon and week-end trips are good for family fun, and they can also be educational. Each family member should have a voice as to where you're going, what you'll do and what to take along.

The anticipation of and preparation for the family vacation are almost as much fun as the actual vacation. Children as well as grown-ups should join in the planning.

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COC:bb
12-21-51

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 29, 1951

Tip-Out Bins Good for Toy Storage

URBANA--The need for adequate toy storage seems greater than ever right after the holidays when your youngsters receive so many toys from friends and relatives.

Try tip-out bins for your preschool children's toys, suggests research specialist Helen E. McCullough, University of Illinois department of home economics. These storage spaces work just as your flour bin does--they tip out easily and simply.

The handyman in your family can build these bins at the bottom of a storage unit. They have special advantages over drawers because they won't pull completely out of the frame and they're so easy to open and close. Your "small fry" will find them fascinating to manipulate.

Of course, open shelves are always good for storing toys. Just remember when you're building or buying them, reminds Miss McCullough, that a 12-inch depth is suitable for most toys.

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COC:bb
12-26-51

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 31, 1951

Keep "Track" of Your Money--Here's One Way

URBANA--Some tools for keeping family accounts may be the answer to the usual question--"Where does all the money go?"

The University of Illinois Home Economics Extension Service has two booklets for keeping family accounts. One, a "Wall Record for Spending and Saving," is a handy form that can be tacked to a cabinet door; you can jot down income and expenses while they're still fresh in your mind.

The second tool, "The Family Account Book" is a more detailed form for keeping records each month and summarizing income and outgo at the end of the year.

The Wall Record costs 15 cents, the Family Account book 25 cents. Send your requests and money to the University of Illinois College of Agriculture, Urbana.

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COC:bb
12-26-51

FOR RELEASE MONDAY, DECEMBER 31, 1951

What Shall It Be--Soap or Syndet--in Your Washer?

URBANA--Your washing machine as well as the water hardness or softness determines how to launder your clothes--with a true soap or a syndet--the new name for a "synthetic detergent."

Follow manufacturer's directions to a "T" on this point--for both conventional and automatic washers, recommends Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture.

As reported at the recent National Home Laundry conference, damage to the machine may result when an incorrect cleaning agent is used. Because syndets remove grease, they keep wringer rollers, bearings and finishes clean; but the wringer rollers may stick, because grease is removed from them. And the bearings may wear out because no greasy deposit is left to protect them.

Many washers and detergent manufacturers have made studies to meet these problems with new materials. The majority of the machines manufactured since 1949-50 are suitable for syndet use. But make certain that you're giving your machine a chance for a long life. Check those directions today.

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